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CONFESSIONS!

The marriage moments no one ever talks about

Jada!

On the sacrifice she made for her family: "It was excruciating"

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5 easy ways (yes, they're legal)

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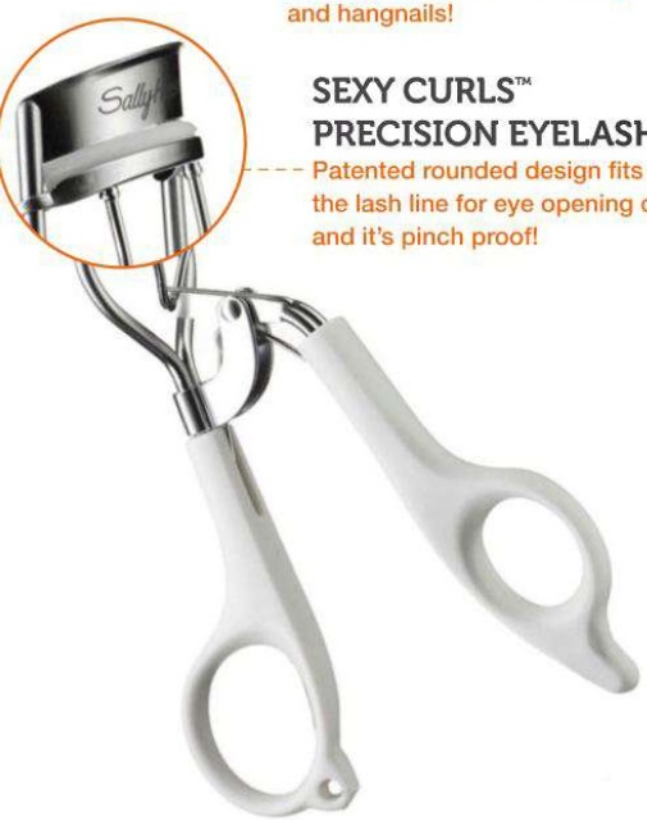
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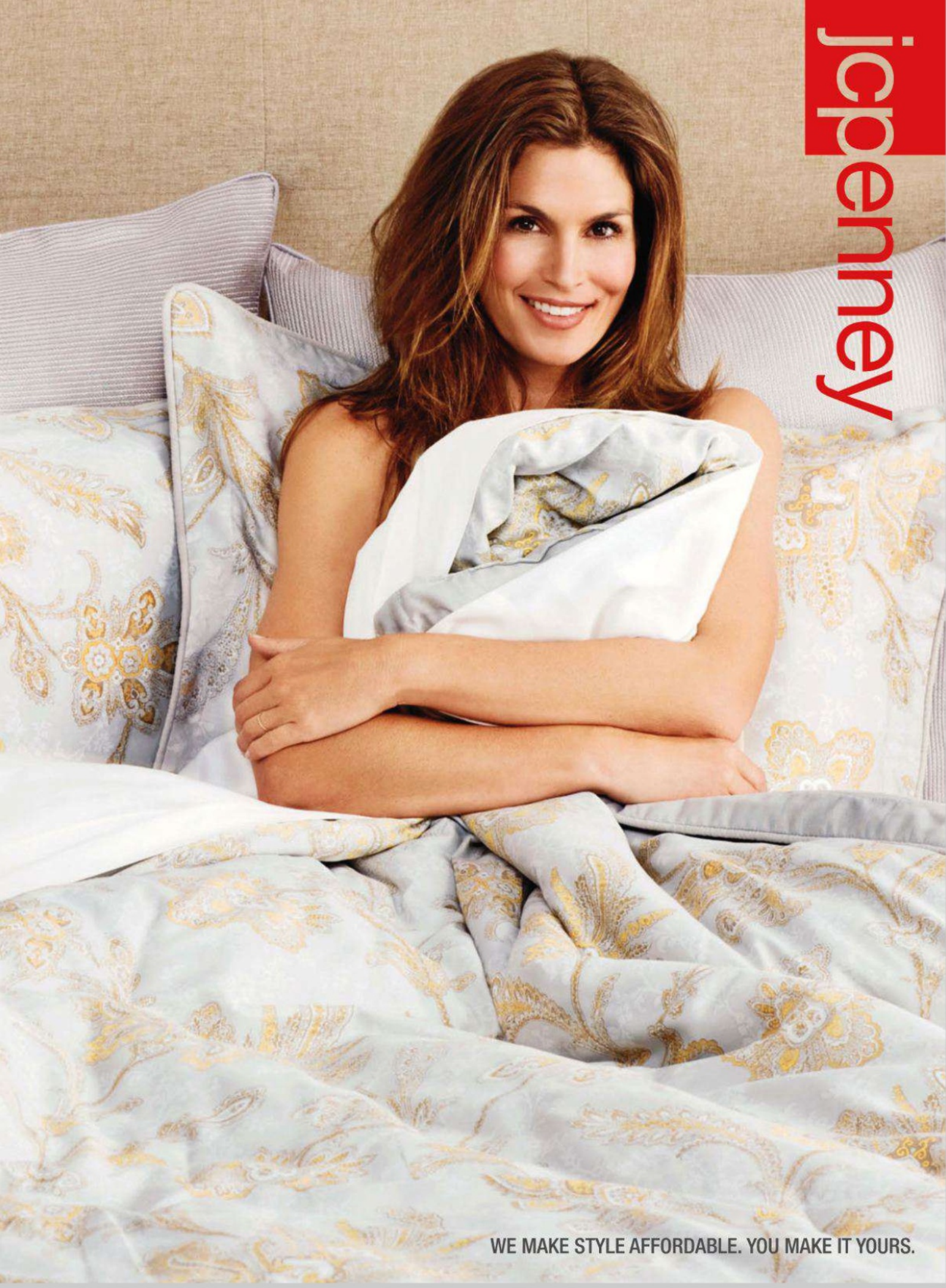


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AUGUST 2011



IT'S OUR GUILTY PLEASURES ISSUE! Burgers, hot guys, lip gloss, bags, cocktails, sinful desserts, and more. Can you guess what Jada's GP is?



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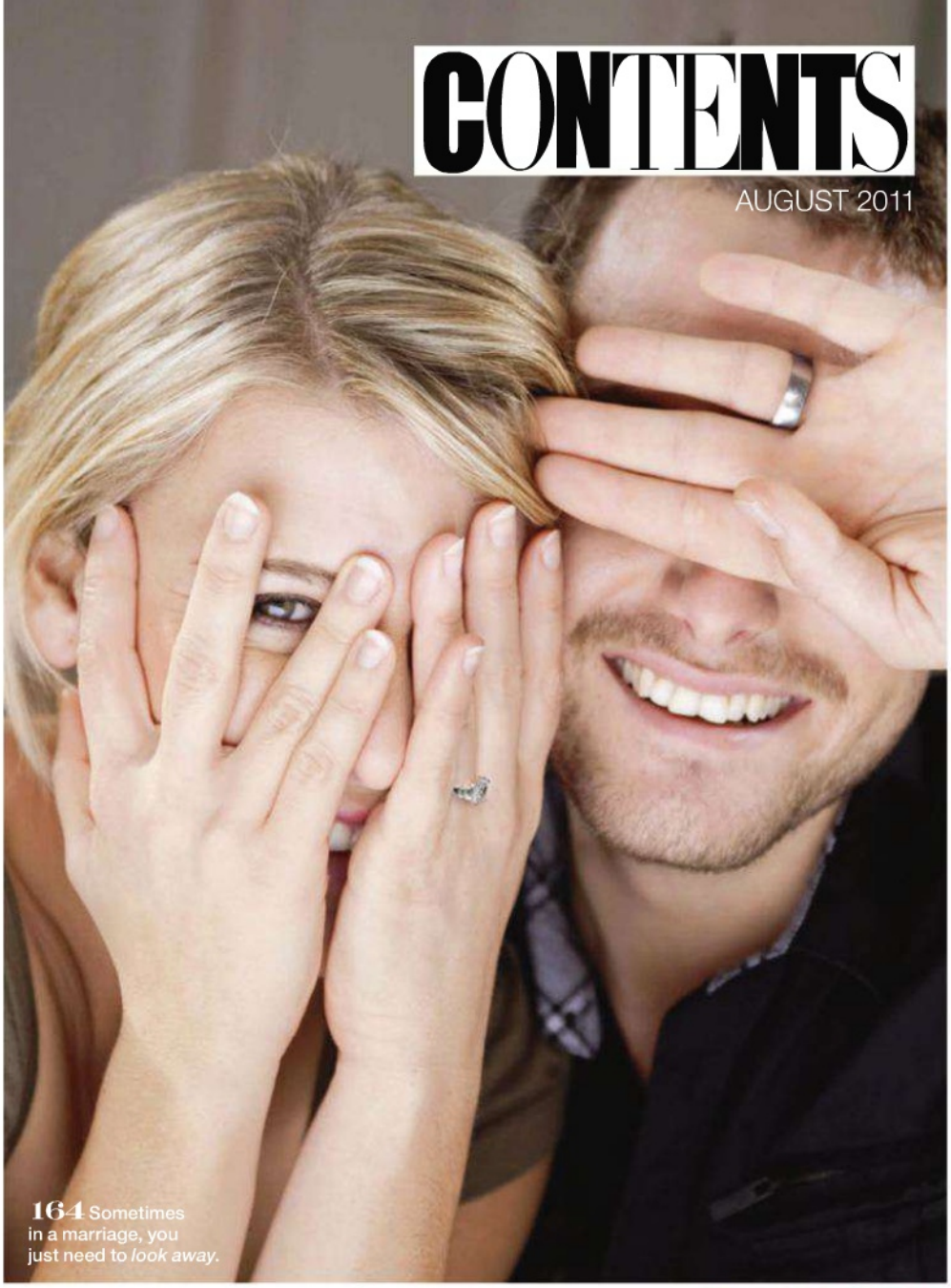
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Jada Pinkett Smith photographed exclusively for REDBOOK by Matt Jones. Hair: Marcia Hamilton for margaret maldonado.com. Makeup: Steven Aturo using Nars and Dermalogica skin care for margaretmaldonado.com. Manicure: Amy Phan. Stylist: Nicolas Bru at Margaret Maldonado. Top: Theory. Shorts: Gucci. Belt: Zara. Earrings: Irene Neuwirth. Bangles: Ippolita, Le Vian. Snake ring: Le Vian. Get Jada's cover look with Color Intrigue Eyeshadow in Aura, Double Density Mascara in Black, Ceramide Cream Blush in Nectar, and Ceramide Ultra Lipstick in Melon by Elizabeth Arden; and Macadamia Weightless Shine Mist by Carol's Daughter.

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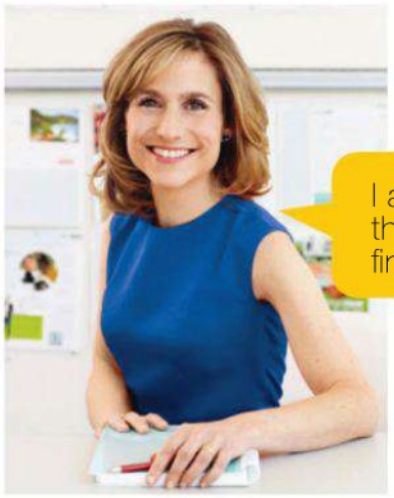
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Hey, what's your guilty pleasure?



Cover shoots are both glamorous and grueling for celebrities. Smiling "naturally" 150 times, sucking in body parts that ordinarily stick out, figuring out what the heck to do with your arms—this is work, people. So to relieve some of the pressure, we always ask our REDBOOK cover stars what special treat we can provide for them on set. They hanker for different things: Christina Aguilera requested Veuve Clicquot champagne; Katherine Heigl likes a dirty martini; the Kardashian family craved brownies and chocolate-chip cookies; Brooke Burke asked for a boatload of gorgeous shoes to try on (and bought six pairs before the shoot was over). Because this is our Guilty Pleasures issue, we fully intended to spoil Jada Pinkett Smith—as a mom of two mini-stars and a star in her own right, she certainly deserves it! But Jada was the first REDBOOK cover star to ask for absolutely nothing. No extras. No indulgences. Unprecedented!

She was a delight on set and gorgeous even before hair and makeup got to her. But halfway through the shoot, she admitted she was operating on only four hours of sleep after a late night on the set of her hit TNT show, *HawthoRNe*. And that's when we figured out the guilty pleasure she needed: a nap! She got a half hour of shut-eye in a side room, which may be the one precious gift you can give to a woman who has everything.

This issue is packed with pleasures. Only feel guilty about them if it makes them more delicious.

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

I asked our contributors for their **guiltiest pleasures**, but first, here are some of mine…

- Vodka martinis with a twist
- Rare New York strip steaks
- All things *Twilight*



"I love hotel rooms with super-luxurious bathrooms. A rain shower, cosmetic products, plush towels, and of course a fluffy robe to curl up in!"
—BETH KOBLINER

"Salted caramel cupcakes from Mr. D's in Wallingford, CT. I drive two hours for those cupcakes."
—HILDA HUTCHERSON



"I'm not a clotheshorse, but I love jackets—jean jackets, leather jackets, Carhartt jackets. It's like women and shoes."
—AARON TRAISTER



"MOVIE THEATER POPCORN."
—VALERIE WATERS



"I order in vegetarian food or sushi and catch up on my DVR."
—ADAM RICHMAN (WHO EATS UNHEALTHILY FOR A LIVING ON *MAN V. FOOD*)





Look summer-sexy like Jada—for less!

1 Style Tryst, $32; designsbystephene.com. 2 Top, $22.94; oldnavy.com. 3 Colored bangles, Skinny by Jessica Elliot, $25 to $30 each; skinnystyle.com. Bangles with charms, Lisa Stewart, $26 each; lisastewartonline.com. 4 Shorts, $59; llbeansignature.com. Belt, $28; lodis.com.



Hang out with Jada at home! 20 readers will each win *HawthoRNe: The Complete Second Season* DVD set. Enter at redbookmag.com/hawthorne.

JILL: PHOTOGRAPHED BY DAVID A. LAND. HAIR AND MAKEUP: EMIR PEHILJ. JADA: PHOTOGRAPHED BY MATT JONES. GET THE LOOK: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC. CONTRIBUTORS, FROM TOP: TARA DONNE, COURTESY OF SUBJECT; BRIAN KENNEDY, COURTESY OF SUBJECT; WIREIMAGE/GETTY IMAGES.

FOR DETAILS, SEE PAGE 190. (NO PURCHASE NECESSARY.)

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AUGUST'S CLICK LIST

Got sex on the brain? *They* sure do

redbookmag.com /sexthoughts

Our reporter hit the streets with a video camera to ask real folks one superserious question: How many times a day do you think about sex? Maybe it's the heat, but it seems like everyone's got their mind in the gutter this month.



tweet! tweet!

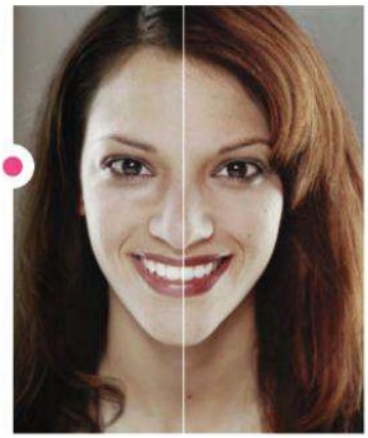
There's really only one date-night essential: a babysitter. But what's your going rate? Tell us and other readers what you pay yours per hour at @redbookmag, with the tag #redbooksitter.



12 frozen desserts worth every calorie

redbookmag.com /coldtreats

We can't decide what we want more: the tropical sorbet sandwiches or the chocolate peppermint ice cream cake. Or the fruit pops. Or the pistachio bars. Or…ah, forget it. Let's make 'em all!

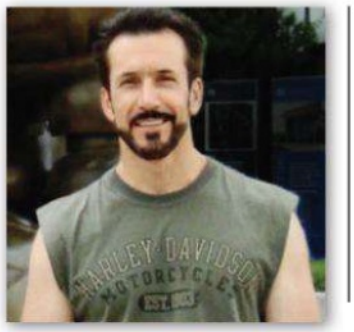


Would you have more fun as a redhead?

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If you're curious about that—or any other beauty change—upload your photo to our easy tool and see yourself with new hair and makeup looks. It'll save you salon regret, we *promise*.

REDBOOK'S HOT HUSBAND OF THE MONTH



Name: Ron Bencsik, 50, West Chester, OH

Job: Electrician

Family: Married 30 years; father of Rebecca, 26, and Michael, 24

"Is he fab at 50 or *what*?" asks Ron's wife, Brenda, who thinks her guy's even hunkier now than he was when they first met in high school. That initial encounter was hardly romantic: Ron accidentally dumped a full root beer on her. "But he was the bad-boy type and I was raised conservative, so of course I liked him right away," Brenda says, laughing. Ron still has a wild side; he loves taking her out on his Harley-Davidson. "He'll come home from work and I'll hop right on," she says. "I love it!" He has also been her rock over the years. "He's made incredible sacrifices for our family," she says. "He once worked 12-hour days, seven days a week, and then lived on three hours' sleep so he could coach our son's Little League team too. He's our hero." Plus, "He still works out six days a week to stay in great shape," says Brenda. Um, yeah—we can tell!

DOES YOUR GUY BELONG HERE?
Of course he does! Enter him in our 2012 Hottest Husband contest at redbookmag.com /hothusbands2012. See page 190 for details.

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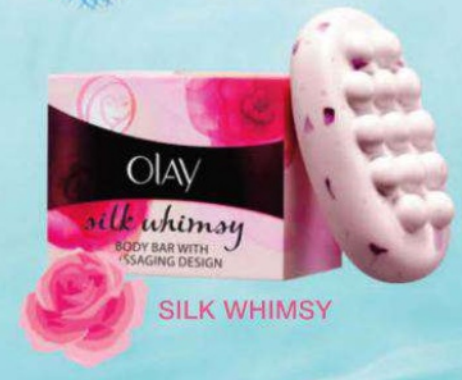
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This month's STAFF CHALLENGE: To look *hot* in a tank top—thanks to the arm workout on page 99. So how'd it go?

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"After doing these exercises one time, I realized the routine was easy and *fast*. My arms are getting less jiggly—just in time for Labor Day on the beach." —KIM

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"I have a really hard time sticking to any fitness regimen, but I noticed that even doing these moves once a week—instead of the intended three times!—made me feel stronger." —TIFFANY

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"After doing the workout for four weeks, carrying my groceries up six flights to my apartment is suddenly less painful. Why didn't I think of this sooner?" —VAL

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This month's STAFF CHALLENGE: To make over our arms in four weeks! Get the workout that worked for us on page 99.

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"I tend to overdose on cardio and ignore strength. Giving my arms more attention gave me that feel-good sore sensation, so I knew it was working!" —CHELSEA

"This workout was just what I needed before my summer wedding. It wasn't complicated, and it definitely did the trick. I think my arms look more toned—and my now-husband agrees." —MORGAN

"I was surprised by how little effort it took to see results. Now I'm much more comfortable going sleeveless—I hope the warm weather lasts through fall!" —ALISON

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"I don't like my daughter—it helps to know there are others out there like me."



A MOTHER'S CONFESSION

Bravo to your writer for "Why Don't I Like My Own Child?" [June]. I don't really like my daughter; she's nearly 6, and I have struggled to bond with her since she was born. I love her, but sometimes her constant need to be the center of attention and turn everything into a joke makes me crazy. I will continue to search for peace with our relationship and look forward to a time when I can relax a little when it comes to her behaviors, but it helps so much knowing that there are others out there like me. —NAME WITHHELD

As someone who has been trying to conceive for the last year and a half, I was disgusted by "Why Don't I Like My Own Child?" My husband and I ache for a beautiful child like the one in the story, while this self-centered woman bemoaned not getting the model she wanted. I find it pitiful that someone blessed with two children doesn't understand unconditional love, but those overflowing with it are denied the chance to share it. —CHRISTINE, *Chicago*

I just finished reading this article and it left me feeling sick and angry. The poor author tried for years to get her child the help she needed, and was ignored by professionals. I hope she can see what an amazingly insightful mom she is and that she continues to listen to her instincts when it comes to raising her daughter. —KIMBERLY PURI, *Tracy, CA*

YOU GO, SHANIA!

God bless Shania and her "Romance God" ["How Shania Got Her Groove Back," June]! I can't think of a happier ending for two people who have been through the emotional fire of infidelity. When my ex-husband had an affair 10 years ago, Shania's music was the only thing I could listen to—I've been a huge fan ever since. To know that someone so beautiful, talented, and unaffected by celebrity suffered so publicly broke my heart, but knowing that she came out of it happier and stronger is wonderful. Thank you for shining a light on her! —SHERIE SADLIER, *Austin, TX*

FOOD FIGHT

I couldn't believe that in your interview with Bobby and Jamie Deen ["What We Know About Food," June], Jamie advised that the way to get a man to cook dinner is if the woman picks a recipe, buys the ingredients, and offers a back rub as incentive. Is he kidding? The woman would still be doing most of the work—she might as well cook at that point too! —AMY, *New York City*

PROTECT OUR BOYS

Thank you for your story about harmful toxins and their effect on children ["The New Boys' Health Scare," June]. People should be aware not only that the toxins in our air, plastics, and cleaners are hurting us, but also that the people in charge are not adequately monitoring them or taking responsibility for what they are doing. Please keep informing the public as you are. Mothers should know that they aren't paranoid about the health risks; they're correct. —JOHNNA NICOLE CRAWFORD, *Haysville, KS*

Thank you so much for your report on endocrine-disrupting chemicals and their possible results. When I was pregnant with my first child, I began buying and eating more naturally, but my family and friends think I'm paranoid. After reading this, I know I'm not crazy. —KELLY ANN MCDONALD, *Garden City, NY*

CHEMICALS AND KIDS: AN UPDATE



After our story about the possible negative effects of endocrine-disrupting chemicals on boys' health went to press, there was an important development. The American Academy of Pediatrics officially called for an overhaul of the Toxic Substances Control Act, saying that children and pregnant women—who are especially vulnerable to environmental toxins—are not being adequately protected. For more information, visit the Environmental Protection Agency's Pollution Prevention and Toxics's site at epa.gov/opptintr. Click "contact us" to voice your support directly to the EPA, or email your senator or congressperson at senate.gov or house.gov.

Write to us! At redbook@hearst.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.


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Sarah Jessica Parker is wearing Light Natural Blonde #90.

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Be an eco-friendly trendsetter

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the World's 1st pen made from recycled bottles

Lead the recycling revolution by writing with B2P **(Bottle to Pen)**, **a simple way to set an example for those who look up to you.** Going green couldn't be any easier! So, what will you do next? Grab your smooth writing B2P gel pen, brainstorm with your family below, and start a transformation trend!

Brilliant ideas



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SPILL VENT GOSSIP GO!

EVERYTHING YOU CAN'T STOP TALKING ABOUT RIGHT NOW

BBQ BRAWL

WHO'S THE GRILLMASTER IN YOUR HOUSE?



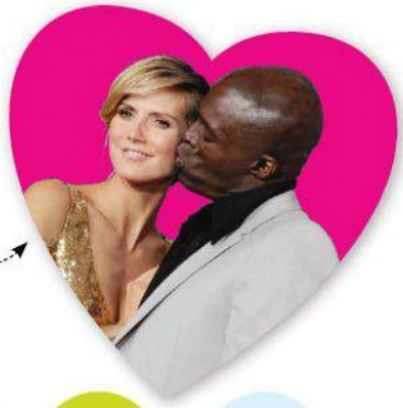
Grillmaster

63%

said "my man"

ANY EXCUSE FOR A PARTY, EH?

Is renewing your vows every year lovely… or overkill?



Heidi Klum and Seal re-exchange vows on their anniversary each year.

57% For big anniversaries, why not?

28% It's completely unnecessary

15% It's a beautiful thing to do anytime!

Vote

POLLING **NOW** ON REDBOOKMAG.COM

Are you okay with your kids seeing you naked?

MOMMY BLOGGER SOUND-OFF

7 THINGS **NEVER** TO **SAY** TO A WOMAN… DURING A **FIGHT**

1. *Wait—I got distracted. What did you just say?*
2. *Why can't you be more like [insert friend's name]'s wife?*
3. *Hold on, I need a beer.*
4. *Are you about to start your period?*
5. *Can we do this after the game?*
6. *Oh, you're really mad? I thought you were joking.*
7. *Does this mean we can't have sex tonight?*

—COMPILED BY EMILY MCKHANN AND THE READERS OF THEMOTHERHOOD.COM AND JILL SMOKLER OF SCARYMOMMY.COM

CELEB SPIN

Do you believe **celebrities** who get **plastic surgery** for "medical reasons"?



BRISTOL PALIN'S new chin was for "jaw realignment."

ASHLEY TISDALE AND CAMERON DIAZ said their nose jobs fixed "deviated septums."

CLOCKWISE FROM TOP LEFT: ISTOCKPHOTO.COM, FILMMAGIC/GETTY IMAGES, WIREIMAGE/GETTY IMAGES, FILMMAGIC/GETTY IMAGES (2).

SPILL
VENT
GOSSIP
GO!



KIDONOMICS

HOW MUCH WILL YOU PAY FOR LEMONADE-STAND LEMONADE?

- 16% 25 CENTS
- 22% 50 CENTS
- 18% 1 DOLLAR
- 44% WHATEVER THE CUTE KID IS ASKING

SHOTS IN THE DARK

Have you ever taken a sexy **picture** of yourself with your **phone**?



New York congressman Anthony Weiner bared all on Twitter.

Blake Lively's alleged nudie shots gave us an eyeful.

41% *said YES*

"I have because I lost a lot of weight and I look great!"
—MELISSA HOFFMAN, WEST GROVE, PA

"Heck no! I might run for public office someday."
—MAYA LAMBERT, BOSTON

WOW, THAT WAS *EMBARRASSING!*

WHO'S GOT THE BUTTON?
"I had a job interview with a really handsome guy, and I thought we were hitting it off. When we wrapped up the meeting, I was sure he was going to ask me to dinner. We shook hands, and as I went to put my suit jacket back on, the two buttons over my chest popped off my blouse, flying straight at him. I didn't get the job—or the date." —M.H., NEW YORK CITY

PAST THEIR PRIME
"In a laundry-day flurry, I threw on a loose skirt and an old, stretched-out pair of underwear that should have been replaced long ago. As I was walking down the street, the elastic on the waist of my undies gave out, and they fell *all* the way down. I walked straight out of them and left them on the sidewalk!" —N.L., CHESTER, PA

PRE-WEDDING PASS-OUT
"I was at my first fitting for my wedding gown, and after I put on the big dress, I stood under the lights in front of the mirror. Suddenly, I started to feel woozy. Next thing I knew, I was naked on the floor of the dressing room—I had fainted, and my friends had ripped me out of the gown so that I could breathe. Not only did everyone in the store see me naked, but I had to tell my fiancé that I'd had a full-on panic attack! Fortunately, I took a Xanax on our wedding day, and we're very happily married now." —S.M., BOSTON



Khloé Kardashian gets pegged for preg so often that she's had to announce she's "not pregnant—just fat." Come on, people!

HAS ANYONE EVER THOUGHT **YOU** WERE **PREGNANT** WHEN YOU WEREN'T?

38 percent of you said...

Yes

"Someone got up and offered me their seat on the subway... eight months after my son was born. And yeah, I still took it!"
—M.K., SHARON, CT

LEMONADE STAND: C SQUARED STUDIOS/GETTY IMAGES. QUARTERS: BRIAN HAGIWARA/GETTY IMAGES. WEINER: ASSOCIATED PRESS. LIVELY: WIREIMAGE/GETTY IMAGES. KARDASHIAN: FAME PICTURES.



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Wrap each lash with volume. The lashwrap brush perfectly surrounds each lash with volumizing mascara, all the way around your eye. Up to 3X the volume* – how perfect is that! *vs. bare lashes

Drew Barrymore looks perfect in LashPerfection in Very Black. Tell us what makes you a COVERGIRL @ facebook.com/covergirl

easy breezy beautiful COVERGIRL



SLATHER IT ON

WHAT LEVEL OF SPF DO YOU WEAR?



A MOM'S BEST FRIEND?

WHAT (HARMLESS!) LITTLE LIES DO YOU TELL YOUR KIDS?

- "That the museum is closed on Sundays so they can clean the dinosaur bones. I couldn't take another visit!" —J.T., NEW YORK CITY
- "If they don't pick up their toys, the vacuum will suck them up when I clean." —L.W., VIA FACEBOOK
- "At bedtime, I tell my daughter that if she doesn't close her eyes, they'll dry out like raisins." —M.W., CHICAGO
- "I used to read the TV listings to my daughter: 'News, news, news. Looks like no cartoons are on today!'" —D.C., VIA FACEBOOK
- "My kids think that the ice cream truck only plays music when it's *out* of ice cream." —B.P., NEW YORK CITY

YOU GOTTA HAVE FAITH (AND TIM)

WE ALL NEED REASSURANCE IN THE WAKE OF THE ARNOLD/MARIA CRACK-UP. WHICH CELEB COUPLE RESTORES YOUR FAITH IN MARRIAGE?



CLOCKWISE FROM TOP: JACOM STEPHENS/GETTY IMAGES, FILMMAGIC/GETTY IMAGES, WIREIMAGE/GETTY IMAGES, FILMMAGIC/GETTY IMAGES, WIREIMAGE/GETTY IMAGES, FILMMAGIC/GETTY IMAGES (2).



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REVEAL THE GODDESS IN YOU.®



Lots o' glam for $32!



50 UNDER $50

SUMMER MAY BE HALF OVER, BUT THE **SAVINGS NEVER END.** HERE, SUPER FINDS AND **MAJOR STEALS,** 25 OF THEM UNDER $20!





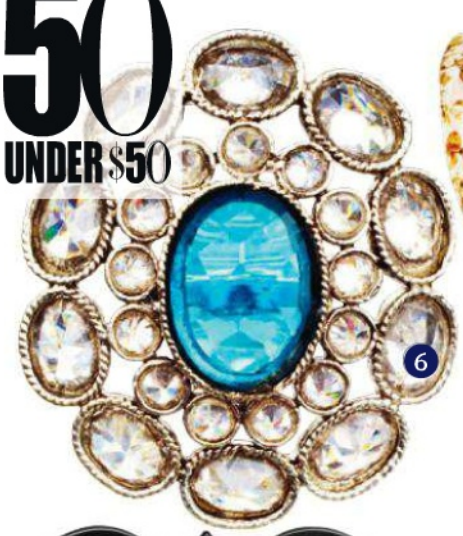


1 Sandals that are more than worth their weight in pretty gold details. Flat sandals, $24.95; hm.com for store locations. 2 Yes, it's sort of a wild '70s maxidress, but it's also perfectly chic. Just don't attempt big Farrah wings with your blow-dryer—*that's* taking things too far. Dress, $32; makemechic.com. 3 Start the day with a spritz of this perky fruity-floral scent and eliminate the need for that second cup of coffee. Coach Poppy Flower eau de parfum, $42 for 1.0 oz; macys.com. 4 Think of these bangles as an office-appropriate way to indulge your raging sparkle addiction. Bangles, $48 each; anntaylor.com. 5 Your sofa works *hard*. Treat it to a new summer wardrobe! Flowerburst pillow, $29.95; pier1.com.

STUDIO D. STYLIST: BARBARA EISEN FOR HALLEY RESOURCES. PILLOW: COURTESY OF MANUFACTURER.

Photographed by Greg Marino

50 UNDER $50









A sweet froggy planter







PRETTY UP YOUR HOUSE *AND* YOURSELF—FOR CHEAP!





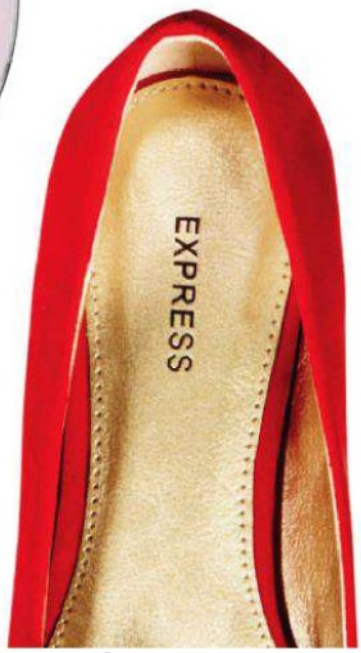
6 Your hand's dressed to the nines; now find it somewhere swanky to go. Ring, $30; sushmapatel.us. 7 A dress that's supergirly, without the saccharine aftertaste. Dress, $34.95; hm.com for store locations. 8 This cuff is three parts you, one part Bianca Jagger. Good mix! Cuff, $25; bombayjewelry.com. 9 A planter so adorable, you'll want to pucker up and kiss it. Succulent frog, $48; oliveandcocoa.com. 10 Fresh flowers die, but these wedges will look bright and pretty for summers to come. Blowfish Malibu wedges, $49; dsw.com. 11 Detangle, de-frizz, and speed up your blow-dry with this single hair potion. Oi/Oil, $39; davines.com. 12 A veritable rainbow of smoky eye options. Make Up For Ever Smoky Eye Palette, $45; sephora.com. 13 Go from office to beach and back again without ever switching bags. Tote, $49.50; eddiebauer.com. 14 This chalkboard wall decal will make even "pick up trash bags!" look elegant. Scroll wall decal, $18.99; jcpenney.com.


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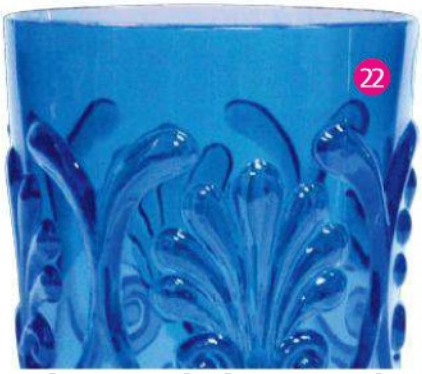
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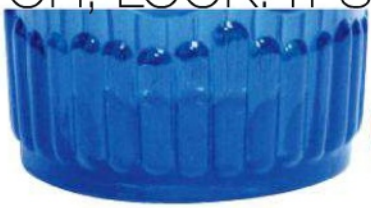








OH, LOOK! IT'S A WHOLE **RAINBOW** OF **SWEET SAVINGS.**





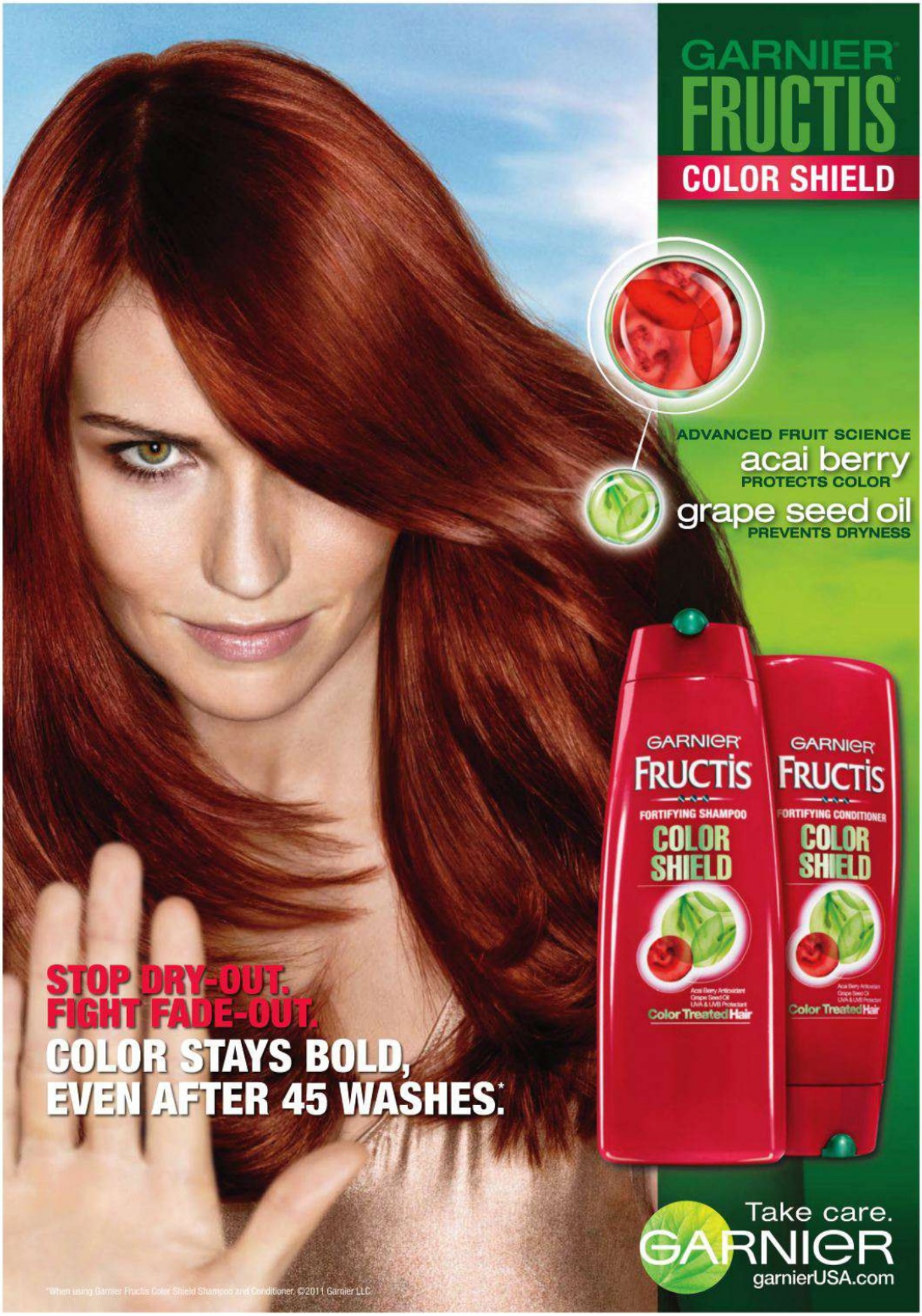






15 The single-jar solution for all your bits: one body cream for normal skin, one for dry spots. Body Butter Duo in Sweet Pea, $16; thebodyshop-usa.com. 16 A lighter version of the cult favorite that's just as, well, addictive. Dior Addict to Life, $40 for 20 ml; dior.com. 17 At ease! Your mission to find a shipshape cardigan is accomplished. Cardigan, $19.80; forever21.com. 18 We *almost* guarantee this bag will make heading to the gym feel like fun. Adidas duffle, $20; Sports Authority. 19 This meat thermometer comes in five colors and salmonella-proofs your next barbecue ('cause they ain't coming back if you poison them, honey). Instant-read flip thermometer, $15; surlatable.com. 20 Pointy toes are back, and these couldn't be cuter. Flats, $34.90; express.com. 21 Like a ritzy lemon drop for your finger (not your toddler's mouth, but try telling *him* that). Ring, $49; guyandeva.com. 22 Even your clumsiest guest—okay, fine, your husband—can't break these not-quite-crystal glasses. Set of 4 polycarbonate water glasses, $24; homedecorators.com.

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Put your own message on this bottle

ARE YOUR **PENNIES** DOING YOGA? THEY'RE **STRETCHING**!

23 Napkin rings that'll make your Martha-wannabe neighbor jealous (not that it's a competition or anything). Set of 4 napkin rings, $23.80; zgallerie.com. 24 Cherry-red sparklers to top off a LBD. Earrings, $28; monet.com. 25 Keep the surf away from your e-reader with this waterproof pouch. Beach reader cover, $25; echodesign.com. 26 This vodka bottle will bring a Vegas-nightclub vibe to your basement bar. Personalize it with "pour me another one!" Medea Vodka with built-in LED screen, $49.99; medeaspirits.com for retailers. 27 Group these guys together for a low-key, high-style centerpiece. Set of 3 mini metallic vases, $9.95; pier1.com. 28 Hey, like your bag, Mama Warbucks! Christian Siriano for Payless bag, $44.99; payless.com. 29 So cute, in an I'm-still-a-hipster kind of way. Curations With Stefani Greenfield sunglasses, $49.90; hsn.com. 30 Fair warning: If you plan to be "too tired" later on, do not let him see you in this dress. American Eagle Outfitters dress, $39.50; ae.com.

PURSE: PHOTOGRAPHED BY CHRISTOPHER COPPOLA. STYLIST: JASON GLEDHILL FOR HALLEY RESOURCES. NAPKIN RING: COURTESY OF MANUFACTURER.


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LOCKS OUT FRIZZ
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*In a frizz test when using Garnier Fructis Sleek & Shine System of Shampoo, Conditioner and Anti-Frizz serum vs. a non-conditioning shampoo. ©2011 Garnier LLC.

20 UNDER $20



















THERE ARE MORE **OOHS AND AAHS** ON THIS ONE PAGE

31 Sexy mood lighting for your patio. Tealight holder, $2.99; ikea.com for stores. 32 Your striped tee's sultrier sister. Dress, $19.99; 877-FIND-JCP for stores. 33 Calm down, PETA—no crocs were harmed to make this luxe faux bag. Clutch, $17.80; forever21.com. 34 Your fancy friend paid a fortune for bangles just like 'em. *Tee-hee!* Bangles, $11.99 each; shopdesignspark.com. 35 If the parrots on this top could talk, they'd be squawking "Hot mama!" Attention by Kmart top, $16.99; kmart.com. 36 The office is emailing you on vacay? That's annoying, but at least this waterproof keyboard makes it easier to tell them to bug off, poolside. SPI flexible roll-up keyboard, $19.99; kohls.com. 37 Wrap this scarf around your shoulders on date night. Then use it as a blindfold later. (What? Why not?) Scarf, $12.94; 800-OLD-NAVY for stores. 38 The flavors of these balms are as sweet as the packaging. Geogirl J4G lip balms in Bubble Yums, Grapeful, Cherry, and Blueberries, $3.98 each; walmart.com. 39 Art Deco–style glitz for mini money. Earrings, $9.50; urban1972.com.

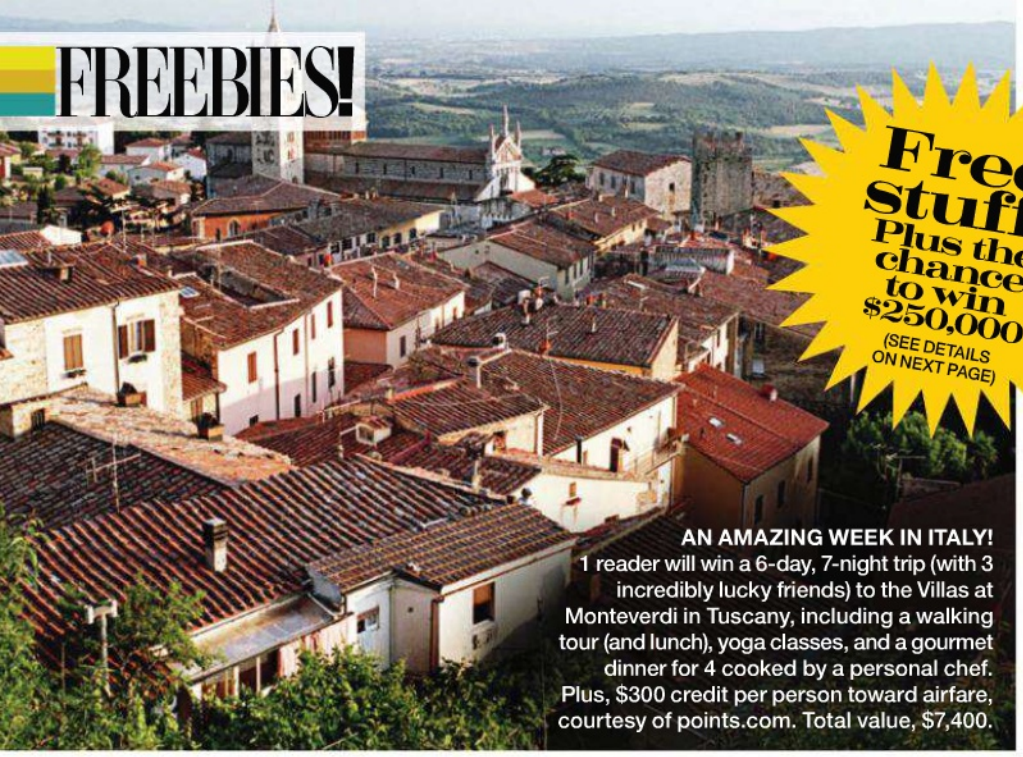


THAN ON THE WHOLE PLAYBOY CHANNEL. **AMAZING!**

LANTERN, WIND-UP TOY, SPOON: COURTESY OF MANUFACTURERS.

40 A gold star for your poor, tired feet. Oxfords, $16; makemechic.com. 41 Retro shades to channel your inner Corey Hart. (We just dated ourselves, didn't we?) Foster Grant sunglasses, $14.99; Walgreens. 42 A truly mesmerizing pendant. (You're getting sleepy, very sleepy....) Necklace, $14.99; avon.com. 43 Cure for a take-this-job-and-shove-it day: watching a wee monster shuffle across your desk. Set of 3 action figures, $15; shop.uglydolls.com. 44 Get ready to bat superplumped lashes. Sexy Curves Full Body Mascara, $7.49; rimmellondon.com. 45 At least *something* in your house will always be smiling. Happy spoon, $6.95; spoonsisters.com. 46 Why, yes, your black skirt did just say "hallelujah." Blouse, $14.80; forever21.com. 47 A starfish you can love—and it's not named Patrick. Ring, $14; shop4sparkles.com. 48 So you can't write in cursive. Wear it! Ring, $15; shockboutique.com. 49 Moisture heaven for curls. Good Hair Conditioning Styling Creme, $18; unclefunkysdaughter.com. 50 Just the perfect sexy red. OPI Nail Lacquer in I Eat Mainely Lobster, $8.50; opi.com for retailers.

FREEBIES!



Free Stuff! Plus the chance to win $250,000
(SEE DETAILS ON NEXT PAGE)

AN AMAZING WEEK IN ITALY!
1 reader will win a 6-day, 7-night trip (with 3 incredibly lucky friends) to the Villas at Monteverdi in Tuscany, including a walking tour (and lunch), yoga classes, and a gourmet dinner for 4 cooked by a personal chef. Plus, $300 credit per person toward airfare, courtesy of points.com. Total value, $7,400.



YOUR NEW FAVORITE NECKLACE
7 readers will each win a personalized 24K-gold-coated carved heart necklace with mesh chain from ccforlife.com. Value of each, $229.



SERIOUSLY SWEET DREAMS
1 reader will win an iComfort Sleep System by Serta bed, featuring a memory-foam mattress. Total retail value, up to $5,000 (depending on size and options selected).

It's a freebie **bonanza!** Shopping sprees, hot gadgets, jewelry—and (yeah, baby) **two fab trips**. Enter to win at redbookmag.com/freebies.



COOL, CLASSIC SHADES
15 readers will each win a pair of Guess tortoise sunglasses from coastalcontacts.com, an online retailer of vision-care products. Value of each, $100.



A DESIGNER SPREE!
3 readers will each win a $500 gift card to spend on any of the gorgeous tops, dresses, and more at yumikim.com (like this couldn't-be-lovelier silk dress). Value of each, $500.



THE BEST MORNING BREW
10 readers will each win Krups's Cup-On-Request coffee maker. Value of each, $200.

MOVIE-WORTHY MAKEUP
20 readers will each win the new Isla Sirena by DuWop Lip Duals in three shimmery shades—Relic, Serenade, and Thief—all inspired by *Pirates of the Caribbean: On Stranger Tides*, from shop.duwop.com. Value of set, $87.





ALL-NATURAL Rx FOR BEAUTIFUL SKIN
12 readers will each win a 5-piece kit of skin-care essentials from systeme41.com. Value of set, $130.



A FAB LAPTOP... PLUS *CASH*
1 reader will win a 13-inch MacBook Pro, plus a $300 bidding gift card to beezid.com, an auction website for home furnishings, fashion, electronics, and more. Total value, $1,500.



GO DISCOUNT SHOPPING!
3 readers will each win a $500 gift card to shop for clothes, accessories, and beauty products at nomorerack.com. Value of each, $500.

NECKLACE, DRESS: PHOTOGRAPHED BY GREG MARINO/STUDIO D. STYLIST: JULIE MORRISON FOR MARK EDWARD INC. TUSCANY: GARY YEOWELL/GETTY IMAGES. LAPTOP SCREEN IMAGE: RAIMUND LINKE/GETTY IMAGES. OTHER STILLS: COURTESY OF MANUFACTURERS.

FOR DETAILS, SEE PAGE 191. (NO PURCHASE NECESSARY.)


One treatment lasts up to one year for my parentheses lines.*
So I don't have to go back for maintenance. That's fantastic.
–Marinda
Injectable gel
Juvéderm® XC
Lasts up to 1 year with one treatment.*
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After
Kiss those parentheses lines goodbye – instantly. JUVÉDERM® smoothes out those parentheses lines along the sides of your nose and mouth.
Why wait? Ask your doctor about JUVÉDERM® today.
Visit Juvederm.com
Real results of paid user. Photos of Marinda taken after 4 weeks. Individual results may vary.
Important JUVÉDERM® Safety Information
JUVÉDERM® is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.
Please see additional important treatment considerations on reverse side. By prescription only.
*Most patients need 1 treatment of JUVÉDERM® to achieve optimal wrinkle smoothing, and the results last up to 1 year. This includes all JUVÉDERM® injectable gel formulations.
1 877-FILLER MD (877-345-5376)
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ALLERGAN

Important Treatment Considerations

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.

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FREEBIES!



A ROMANTIC ISLAND ESCAPE
1 reader will win a 5-day, 4-night trip for 2 to Curaçao, from the Hyatt Regency Curaçao Golf Resort, Spa, and Marina and the Curaçao Tourist Board. Includes daily breakfasts, a spa treatment, and airfare. Total retail value, $3,900.



AN ELEGANT (BUT *FUN*) BLAZER
5 readers will each win this blazer (love the surprise pops of color) from Franklin + Gower. Value of each, $325.





WILDLY GORGEOUS MAKEUP
40 readers will each win a 2-piece makeup set, which includes a universally flattering eyeshadow and lipstick, from ybskin.com. Value of set, $40.



A HIPSTER KID SEAT!
5 readers will each win a special-edition Clek Oobr booster seat in "Skurvy" by Paul Frank. Value of each, $325.



COMFY *AND* SEXY LINGERIE
10 readers will each win a $150 gift card for lingerie in a rainbow's worth of colors at shop.cosabella.com. Value of each, $150.

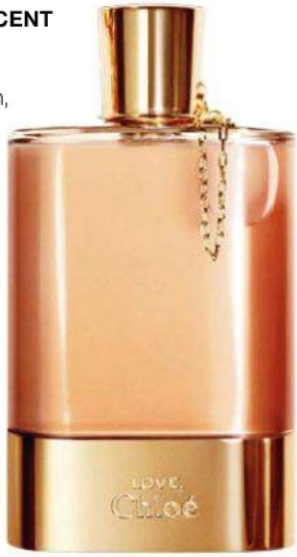


SUPERLUXE SKIN CARE
5 readers will each win a 5-step skin-care regimen from Somme Institute, which includes cleanser, exfoliant, serum, renewal cream, and moisturizer. Value of set, $300.



THE CHICEST JEWELRY
5 readers will each win a wood necklace with gunmetal chain and a wood ring with white topaz stones, from fotinidesigns.com. Value of set, $330.

SUCH A ROMANTIC SCENT
14 readers will each win a 2.5-ounce bottle of Love, Chloé eau de parfum, with notes of orange blossom, lilac, and musk. Value of each, $110.





AN IPAD? YES, AN IPAD!
3 readers will each win an iPad 2, plus a HandStand 2 rotating cover to hold it, from thehandstand.com. Value of set, $549.

SLEEK HAIR IN A SNAP
10 readers will each win Alterna's new Bamboo Smooth Collection hair care line, which includes shampoo, conditioner, 2 treatment oils, hair-spray, a moisturizing masque, and anti-frizz styling lotion. Value of set, $152.



LIPSTICK, NECKLACE, HAIR PRODUCT: PHOTOGRAPHED BY GREG MARINO/STUDIO D. IPAD: RICHARD MAJCHRZAK/STUDIO D./STUDIO D. CURAÇAO: DONALD NAUSBAUM/GETTY IMAGES. OTHER STILLS: COURTESY OF MANUFACTURERS.

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WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

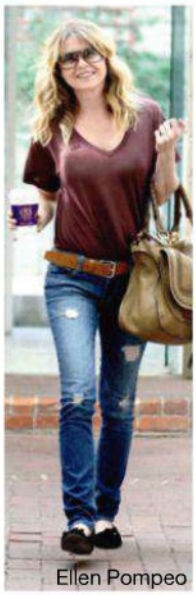


It's the American woman's uniform: **jeans** and a **tee**. And if you get the combo just right, suddenly you look cute, comfy, sexy, and slimmer than you actually are. So follow our guidelines on these pages to perfect your figure just by getting dressed. It sounds simple because it *is*.



T-shirt, Covet, $50; Penelope's, Chicago, 773-395-2351.





Ellen Pompeo

Zoë Saldana looks awesome… and relaxed.

KEEP THOSE JEANS AS GOOD AS NEW: Always turn them inside-out and wash them in cold water—but don't *over*wash. Our fashion director, Audrey Slater, says hers don't see water unless there's a stain she can't wipe off. Finally, line-dry—unless you want them to shrink for some reason. Didn't think so.



SALDANA, POMPEO: FAME PICTURES. TEE: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: JASON GLEDHILL FOR HALLEY RESOURCES. POCKET: JESUS AYALA/STUDIO D. WASHING MACHINE: KATHERINE FAWSSETT/GETTY IMAGES.

Ayana Curtis, 34, loves her curves. The best way to flatter them: mid-rise boot-cut and slim-leg jeans, with a low-V or scoopneck tee.



Deep necklines balance a big bust, and add sex appeal.



Torrid, $24.50; torrid.com.



Forever 21+, $12.50; forever21.com.

"With a higher rise, I can finally do skinnies! It's like a whole new world of options." —*Ayana*



Denizen From Levi's, $27.99; target.com.



Victoria's Secret Catalogue, $49.50; victoriassecret.com.

Boot cuts minimize hips by creating an even silhouette from top to bottom.



Attention, $16.99; Kmart.



Lane Bryant, $70; lanebryant.com.



Skinnies with a high waist and a dark wash give a clean, sleek look.

T-shirt, Caché, $78; cache.com. Necklace, Jennifer Elizabeth, $150; jenniferelizabeth.com. Bracelets, from top, Flirt Catalog, $29.50; flirtcatalog.com, and Jewels by Dunn, $164; alenetoo.com. Jeans, Beija-Flor, $170; ilovethesejeans.com. Heels, AMI Clubwear, $29.99; amiclubwear.com.

T-shirt, Costa Blanca, $22; costablanca.ca. Necklace, BaubleBar, $40; baublebar.com. Bangles, from top, M. Flynn, $17; mflynnstudio.com and Isharya, $132; isharya.com. Jeans, Elizabeth Grace, $58; elizabethgraceny.com. Shoes, MIA, $69; piperlime.com.

SIZES, DECODED: As if finding the perfect pair isn't hard enough, some brands size by waist measurement (so a 29-inch waist is a size 29) instead of pants size (4, 6, 8...). When's the last time you measured your waist, right? An easy cheat sheet: size 27 = size 4, size 28 = size 6, size 29 = size 8, size 30 = size 10, and all the way on up.

MODELS: PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. HAIR: TYLER LASWELL FOR TRESEMMÉ AT JUDY CASEY INC. MAKEUP: SHAWNELLE PRESTIDGE FOR CHRISTIAN DIOR AT RAYBROWNPRO.COM. STILLS: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: JASON GLEDHILL FOR HALLEY RESOURCES.



HERE'S SOMETHING YOU AND YOUR TWEENS CAN AGREE ON: "NO CAVITIES ALLOWED."

Designed for older kids, Pro Health FOR ME from Crest and Oral-B is a complete line of oral care products that help maximize their cavity prevention and protect the areas dentists check in kids. In flavors and designs they'll like, they'll get kids brushing...seriously.



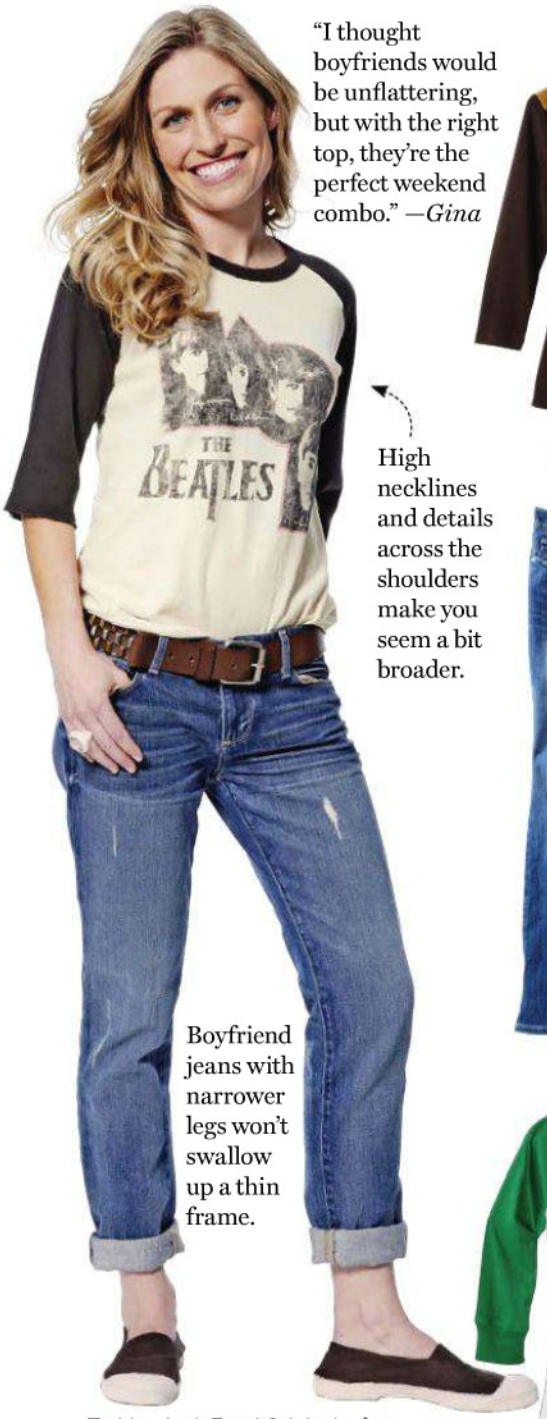
life opens up when you do Crest + Oral-B

PRO-HEALTH FOR ME

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JEANS & TEES!

Gina Shoemaker, 33, has narrow shoulders and not much booty. Her Rx: low-rise flares and tapered boy-cuts, plus boatneck or baseball tees.



"I thought boyfriends would be unflattering, but with the right top, they're the perfect weekend combo." —*Gina*

High necklines and details across the shoulders make you seem a bit broader.



Lauren Ralph Lauren, $60; select Macy's.



Victoria's Secret Catalogue, $70; victoriassecret.com.



Levi's Curve ID, $70; levi.com.



Merona for Target, $16.99; target.com.

Boyfriend jeans with narrower legs won't swallow up a thin frame.



Forever 21, $12.80; forever21.com.



Bullhead Black, $39.50; pacsun.com.

Low-rise flares emphasize (and give juiciness to) your hips and butt.



T-shirt, Junk Food Originals, $55; junkfoodclothing.com. Belt, Berge, $158; sweetwilliaminc.com. Ring, Ippolita, $295; ippolita.com. Jeans, Paige Denim, $198; Paige Denim Soho, NYC, 212-625-0800. Sneakers, Bensimon, $55; bensimon-usa.com.

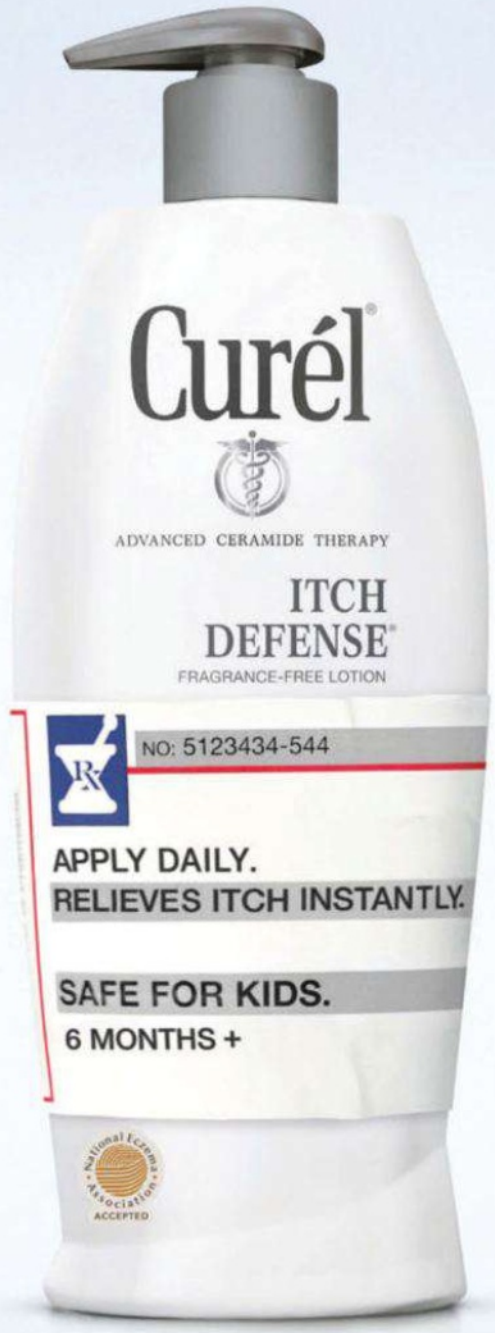
T-shirt, Michael Stars, $88; michaelstars.com. Earrings, Madame Mathilde, $175; madamemathilde.com. Jeans, Level 99; $98; Vanilla Boutique, Bend, OR, 541-617-6113. Heels, Coye Nokes, $500; coyenokes.com.

IF YOU WANT TO HEM YOUR JEANS: First, use the same color thread that's on the seams of your jeans. Skinnies should be hemmed to either right below your ankle or right above it (if you're going for an intentionally cropped look), while wider-leg jeans should show just the tip of your shoes, to make legs appear their longest.



THREAD: GETTY IMAGES.

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nationaleczema.org

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Dayna Isom, 26, is a petite powerhouse at 5-foot-2. Trouser and straight cuts with higher rises—and tees with fun necklines—play up her assets.



Flares that widen at—not below—the knee make legs look longer.

T-shirt, White House Black Market, $64; whbm.com. Earrings, $28, and bracelets, $34 each, Chico's; 888-855-4986. Jeans, Chico's, $79; chicos.com. Heels, White House Black Market, $98; whbm.com.



American Living for JCPenney, $42; jcpenney.com.



"I'm sort of amazed by it, but these jeans make me feel *taller!*" —*Dayna*

Lucky Brand, $99; luckybrand.com.



Fashion Bug, $36.99 to $42.99; fashionbug.com.



Details at the neck draw the eye up and give you height.

Loft, $44.50; loft.com.



LC Lauren Conrad, $34; kohls.com.



Dickies, $31.99; dickies.com.



Perfectly pencil-straight jeans create a nice slim line.

T-shirt, Chico's, $55; chicos.com. Necklace, Chico's, $78; 888-855-4986. Jeans, White House Black Market, $84; whbm.com. Oxfords, Nicole, $119; musthaveshoes.com.

CUFFING 101: Crisply *fold* the bottoms of your jeans for a preppy look; *roll* them when you're going for a breezier vibe. Either way, only fold them over twice, or they'll be bulky. As for length, it depends on how long your legs are: Short legs (like Dayna's) benefit from a roll either right below the ankle or an inch above; if you're leggier, you can go up to three inches above.


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Jessica Desposito, 29, is a classic pear: trim up top, broader in the hips. High-waist trousers and boyfriend styles (plus a boxy tee) balance her.



Tank, H&M, $17.95; hm.com for locations. Necklace, BaubleBar, $66; baublebar.com. Jeans, UK Style by French Connection, $56; sears.com. Heels, Be&D, $385; endless.com.



Lulu's, $47; lulus.com.



Eddie Bauer, $100; eddiebauer.com.

"I've always wanted to do slouchy tees—now I know to keep them short." —*Jessica*



A swingy T-shirt adds width (without overwhelming her).

High-waisted jeans and a tucked-in top create an hourglass silhouette.



Old Navy, $36.94; oldnavy.com.



American Eagle Outfitters, $24.50; ae.com.

The flattering key to these boyfriends is slimness through the hips.



Monrow, $94; p45.com.

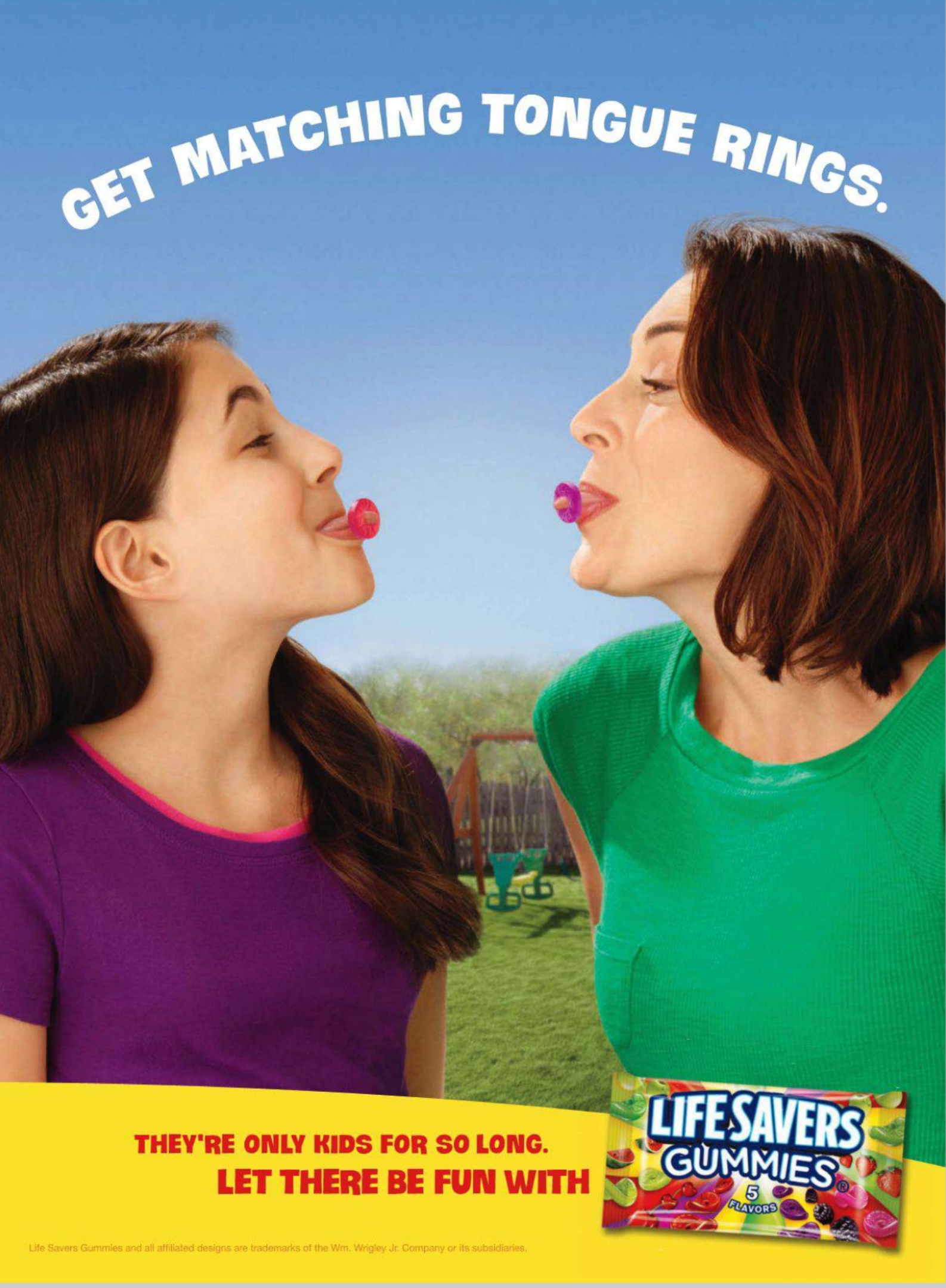


Citizens of Humanity, $188; shopbop.com.

T-shirt, Wkshp, $52; shopstrut.com. Necklace, Sorellina by Adesso, $189; adessoshop.com. Belt, Cato, $5.99; catofashions.com for stores. Jeans, Esprit, $90; Esprit. Ring, Daniel Espinosa, $165; danielespinosa.com. Moccasins, Minnetonka, $42.95; moccasinhouse.com.

WHAT MAKES AN IDEAL JEANS BELT? One that has holes all the way around will work with jeans that hit at your natural waist, at your hips, and everywhere in between. And make sure it's wide enough to fill out belt loops (too skinny can pucker the waistband). Belt, American Eagle Outfitters, $24.50; ae.com.





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Cymbalta can help.

Cymbalta is a once-daily, non-narcotic pain reliever. And it's not addictive.

When taken once a day, every day, Cymbalta is proven to significantly reduce chronic osteoarthritis pain.

You may have to rethink the way you treat your pain. You might be used to taking pain medications only after you feel your chronic osteoarthritis pain getting worse. Managing this pain with Cymbalta is a little different. It's important to take Cymbalta every day, as prescribed by your doctor, to manage your pain over time.

Visit cymbalta.com or call 1-877-CYMBALTA (1-877-296-2258) to learn more. Ask your doctor about Cymbalta.

Cymbalta is a prescription medication approved for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain.

Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

Important Safety Information About Cymbalta

The most important information you should know about Cymbalta:

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- have recently taken a type of antidepressant called a monoamine oxidase inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported



Important Safety Information (continued)

- about your alcohol use
- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This tends to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Other safety information about Cymbalta:

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- People age 65 and older who took Cymbalta reported more falls, some resulting in serious injuries.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule; it must be swallowed whole. Cymbalta can be taken with or without food.

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See back page for additional information about Cymbalta, including Boxed Warning about antidepressants and risk of suicide.

Cymbalta®
duloxetine HCl
20 mg, 30 mg, 60 mg
DELAYED RELEASE CAPSULES

Lilly

Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms is severe or occurs suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain, also called diabetic nerve pain (DNP); and the management of chronic musculoskeletal pain due to chronic osteoarthritis pain and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breastfeeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This tends to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain including chronic pain due to osteoarthritis and chronic low back pain), the most common side effect was nausea
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What else should I know if I'm 65 or older?

- People age 65 and older who took Cymbalta reported more falls, some resulting in serious injuries

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole
- Cymbalta can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you
- Remember to refill your prescription before you run out of Cymbalta
- Talk with your healthcare provider before stopping Cymbalta or changing your dose

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist

Additional information can be found at www.cymbalta.com.

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Jessica Rauch, 35, has a boyishly straight torso and yearns for longer legs. Mid-rise boot-cuts and skinnies worn with nipped-in tees fit the bill.



Slim, higher-waist jeans and a thick belt make her appear leggier.

T-shirt, Ann Taylor, $48; anntaylor.com. Necklaces and bottom bracelet, Vale Jewelry, $65 to $95; shopvale.com. Cuff, Ted Rossi, $148; tedrossi.com. Belt, Amici Accessories, $12.99; amiciaccessories.com. Jeans, Mavi, $98; mavi.com. Flats, Pretty Ballerinas, $319; prettyballerinas.uk.



Susie Rose, $12; walmart.com.



Lands' End Canvas, $60; landsendcanvas.com.



Boden, $54; bodenusa.com.



"My husband saw me in my new jeans and said, 'You look *goood!*'" —*Jessica*

Riders by Lee, $20; ridersbylee.com.



Strategic gathers create a curvier silhouette.

MK2K, $77; diamondsandpearl.com.



H&M, $39.95; hm.com for locations.



The high rise is elongating, and a drawstring-detail tee gives her waist definition.

T-shirt, Ella Moss, $87; mfredric.com. Necklace, Shock, $20; shockboutique.com. Bangles, Theodora & Callum, $195 for 3; theodoraandcallum.com. Jeans, Not Your Daughter's Jeans, $104; nydj.com. Wedges, CC Corso Como, $159; corsocomoshoes.com.



THE BEST T-SHIRT BRA *EVER*: Bra lines aren't as bad as panty lines, but they ain't great. The Barely There Invisible Look Wirefree bra ($33; barelythere.com) is undetectable under the thinnest tees. Fashion director Audrey Slater swears by it—so will you.

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would you dare?

WE'VE ALL DARED TO TAKE A FASHION RISK (OR TWO!). KOTEX® ASKED REDBOOK READERS TO SHARE THEIRS. READ ON TO HEAR REAL WOMEN'S STORIES AND GET INSPIRED TO RELEASE YOUR INNER FASHIONISTA.



WINNING ENTRY

"Last summer, I was six months pregnant and hesitant to hit the sand. I have always worn bikinis and didn't have a one-piece handy that would fit. I reluctantly opted for my two-piece and headed to the beach. Surprisingly, I felt confident and was proud of my baby bump. The idea of wearing a one-piece during my pregnancy never crossed my mind again."

—LESLIE M., NJ

RUNNER-UP ENTRIES

"I'm conservative, but I decided to take a bold fashion risk on my first date with my now-husband...thigh-high boots! It was completely out of the box for me, but there was something about them that caught my eye. And I'm glad they did! Not only did I capture the guy's attention, but we've been happily married for two years."

—JILL F., CA



"I walked down the aisle at my best friend's wedding in a form-fitting pink satin bridesmaid dress just two weeks after giving birth. I stuck out like a sore thumb next to all the other thin and fit bridesmaids. Now *that* is what I call friendship!"

—LYNN M., FL



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Tips from a master of office chic



Michele with her kids, Owen, 9, and Lucy, 11.

Michele Parsons spends her day helping working moms look superstylish—starting with herself!

Smart wardrobe picks keep Michele Parsons's mornings drama-free. As the executive vice president of merchandising for New York & Company, she's using her know-how to make the on-trend workwear brand even cooler. Here, the tricks she swears by:

- **Don't reinvent—update.** "I'm a pants girl, so when I find a brand that works for me, I stick with it. I like J Brand, especially the Inez chino. And I get New York & Co. pants in all the new shapes every season. They come in three different, proportionate lengths, so the fit is amazing."
- **Have a not-a-uniform uniform.** "I don't want to seem like I'm wearing the same thing every day, even though I basically am: a jacket, pants, and a silky top. I make it feel fun and different by going for interesting details or bright colors."
- **Pick your trends wisely.** "I usually stick with very structured pieces because I know they look good on me. But lately I've been loving soft, feminine tops. Maybe I'm suddenly getting in touch with my emotions! Who knows, but they speak to me."



Nothing's more polished than studs. Fantasy Jewelry Box, $26.95; fantasyjewelrybox.com.





Hip *and* classic: Jacket, Chico's, $129; chicos.com. Top, New York & Company, $39.95; nyandcompany.com. Pants, J Brand, $169; Neiman Marcus. Necklace, American Eagle Outfitters, $15.50; ae.com. Wedges, G by Guess, $52; myshoes.com.



BAG X-RAY

Hers is the family carryall (sound familiar?).



She's toting… Tazo Zen green-tea bags, $4.99 for 20; drugstore.com. Diptyque Philosykos perfume ("I have about 50 fig-based scents, but this is my favorite"), $120 for travel spray and 3 refills; diptyqueparis.com. Chanel Rouge Coco Lip Colour in Rivoli, $32; chanel.com. A BlackBerry, colored pencils, and Legos ("If I'm with the kids and don't have these, I'm in trouble!").





Her "not old-farty" Reed Krakoff work tote (left) and a stylish (but cheaper) model: Mondani, $70; 800-847-0072 for locations.

PARSONS, FROM TOP: DAYMION MARDEL. COURTESY OF SUBJECT. MONDANI BAG: COURTESY OF MANUFACTURER. BLACKBERRY: RICHARD MAJCHRZAK/STUDIO D. OTHER STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC.

febreze

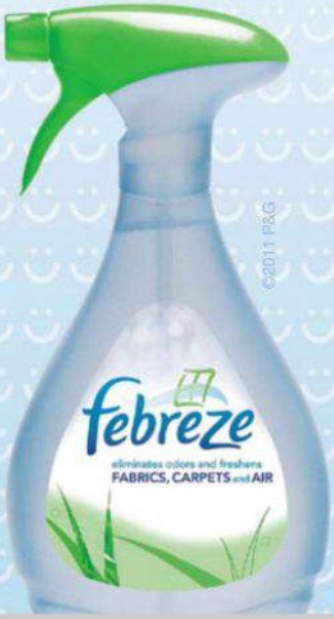
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3. Hang it off your rearview.*
4. Breathe happy and enjoy those admiring your sweet new air freshener.



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for more fun breathe happy experiments, go to **facebook.com/febreze**

*Just kidding: Hanging objects from rearview mirror may obstruct driver's view. Do not attempt.

Meet the do-it-all jacket!

A cargo jacket marries the wear-everywhereness of a trench with the laid-back vibe of a jean jacket. It's outer-layer perfection! Kohl's, $58; kohls.com.



Shake things up at work

Hey, fearless leader: Get all eyes on you with a mix that's sleek, elegant, and *tough*.

Tank, L.L.Bean Signature, $19; llbeansignature.com. Belt, The Limited, $44.90; thelimited.com. Skirt, Alfani, $49; Macy's. Bracelet, FlirtCatalog, $13.50; flirtcatalog.com. Heels, Bronx, $119; 314-373-1280 to order.



It'll cool up a cute, bright and a sweetly preppy pleated like your old cardi can't. (Bonus points if you cinch it with a .)





Swap the skirt for denim and Saturday afternoon is set. Or go for white jeans and a and head to a movie with your guy. (Don't forget a cute to sneak in snacks!) Or throw it over a LBD, add red, and be sexy in a *flash*.









Top, French Connection, $118; bloomingdales.com. Skirt, Grass, $49; grassclothing.com. Belt, ADA Collection, $105; adaonlinestore.com. Shorts, Levi's, $38; Kohl's. Top, H&M, $17.95; hm.com for store locations. Bag, Tommy Hilfiger, $108; tommy.com. Heels, Charles David, $250; Charles David stores.



Chunky and so chic



Give your evening an edge

A little soft and feminine, a little rough-and-ready: It's the perfect chemistry for a date-night look.

Necklace, Gerard Yosca, $50; charmandchain.com. Dress, Talbots, $179; talbots.com. Clutch, Old Navy, $19.94; Old Navy stores. Oxfords, Born, $110; bornshoes.com.







Hit the road in style

Comfy-chic layers will ward off arctic airplane AC—and the folded-into-a-seat-for-hours frumpies.

Scarf, D&Y, $29; davidandyoung accessories.com. Tank, Trovata, $78; 949-675-5055 for retailers. Necklace, Lisa Freede Jewelry, $98; lisafreede.com. Cargo pants, DKNY Jeans, $69; zappos.com. Flats, Me Too, $89; Lord & Taylor.



Turn up the 'tude

With sparkly jewelry, sequins, and silk pants, he'd better be taking you someplace worthy of your hotness.

Necklace, Fashion Bug, $14; fashionbug.com. Tank, Ann Taylor, $78; anntaylor.com. Pants, Mossimo for Target, $24.99; target.com. Bracelets, Swarovski Crystallized, $58 each; swarovski-crystallized.com. Heels, Bettye Muller, $350; footcandyshoes.com.



Be lady of the manor

Look like you inherited a country place, even if the only second house you own belongs to your dog.

Shirt, Uniqlo, $24.90; 877-4UNIQLO. Belt, Boden, $48; bodenusa.com. Skirt, Vineyard Vines, $88; vineyardvines.com. Tote, Novica, $49.94; worldofgood.com. Moccasins, Iman Global Chic, $49.95; hsn.com.



The sexiest camo ever!

PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. PROP STYLIST: KRISTY VANT FOR MARK EDWARD INC.

WHAT WOULD *Jennifer Hudson* DO?



CLASSIC
A wrap top, a waist-cinching belt, and a drapey skirt are all tried-and-true hourglass enhancers.



KNOCKOUT
Pure and simple magic: a bright jewel-toned dress, a major cuff, and *whoa!* shoes.



RELAXED
She makes classic items foxy by focusing on a nipped-in, womanly fit.

Steal Jennifer's style! She dropped the weight but kept the sexy, thanks to curve-loving outfits. Watch and learn…





Very earthy-glam



■ Bright up top and dark on the bottom is an ideal figure-balancing color combo.

Top, Alice & Trixie, $248; shopaliceandtrixie.com. Skirt, Nautica, $60; nautica.com. Bangle, Aerie, $15.50; aerie.com. Heels, Nine West, $89; amazon.com.





■ Got a little pooch? Strategic ruching is fashion's alternative to crunches.

Dress, American Living for JCPenney, $90; jcpenney.com. Earrings, Towne & Reese, $30; shopqueenstreet.com. Bangle, XOXO, $12; nescostume.com. Heels, Silvia Tcherassi for Payless, $60; payless.com.







■ A long black jacket looks endlessly chic (and hides a multitude of sins).

Shirt, Riders by Lee, $20; ridersbylee.com. Blazer, Costa Blanca, $58; costablanca.ca. Necklaces, from left, Guy and Eva, $21; guyandeva.com. Kendra Scott; $45; kendrascott.com. Jeans, Old Navy, $34.50; oldnavy.com.

Craving your own red-carpet-caliber look? Get inspired by six of our fave best-dressed celebs at redbookmag.com/celebfashion.

HUDSON, FROM LEFT: ABC/GETTY IMAGES, WIREIMAGE/GETTY IMAGES, BRANDON TODD/SPLASH NEWS. STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC.

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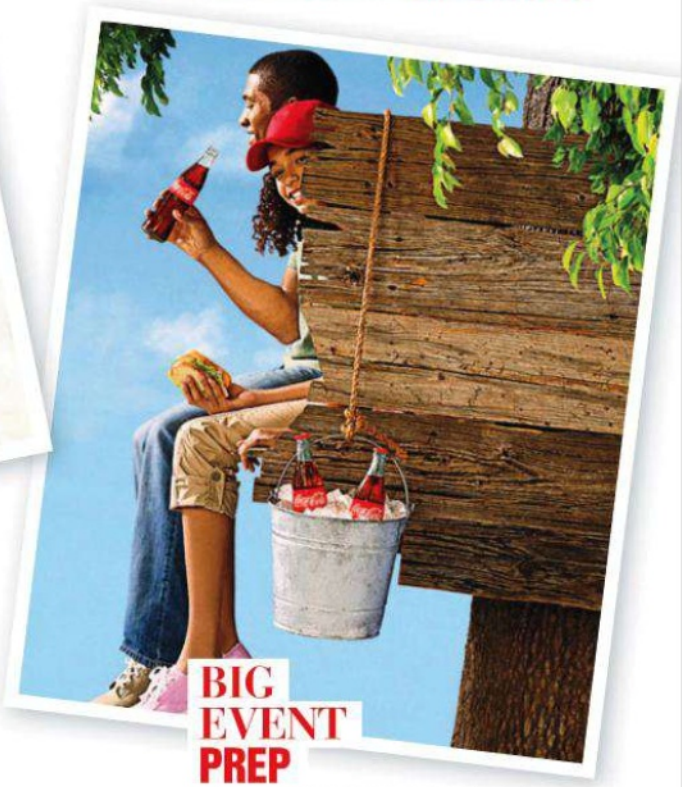
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CREATE DAILY (OR WEEKLY) ACTIVITIES

Establishing a few everyday activities is a great way to add big family fun to your routine. A simple morning nature walk at a nearby park or duck pond, for example, is a perfect opportunity for exploration—great for the body and the mind.



enjoy the treasures of summer

With the season in full swing, Coca-Cola's celebrating 125 years of summer fun—and inviting moms to celebrate the season's simple pleasures. Planning full-of-fun days AND keeping the whole family occupied is easier than you think, thanks to the refreshingly easy strategies here that will help you create lasting memories.

BIG EVENT PREP

Getting ready for the big barbecue or block party can provide multiple projects for everyone. Let each family member pick a fun activity to prepare and host, like palm reading or egg and spoon relay races. Have them paint a large galvanized tub in summer colors—and keep it stocked with the season's go-to refreshment, Coca-Cola.



"MORE-THAN-JUST" HOBBIES

One simple hobby—like astronomy—can provide multiple ways to keep your family engaged. Together, research the constellations and planets that are easy to see from your area. Then sit in the backyard with the whole family and see who can identify the most.



Visit mycokerewards.com/summer to find more tips, offers, recipes, prizes and more.

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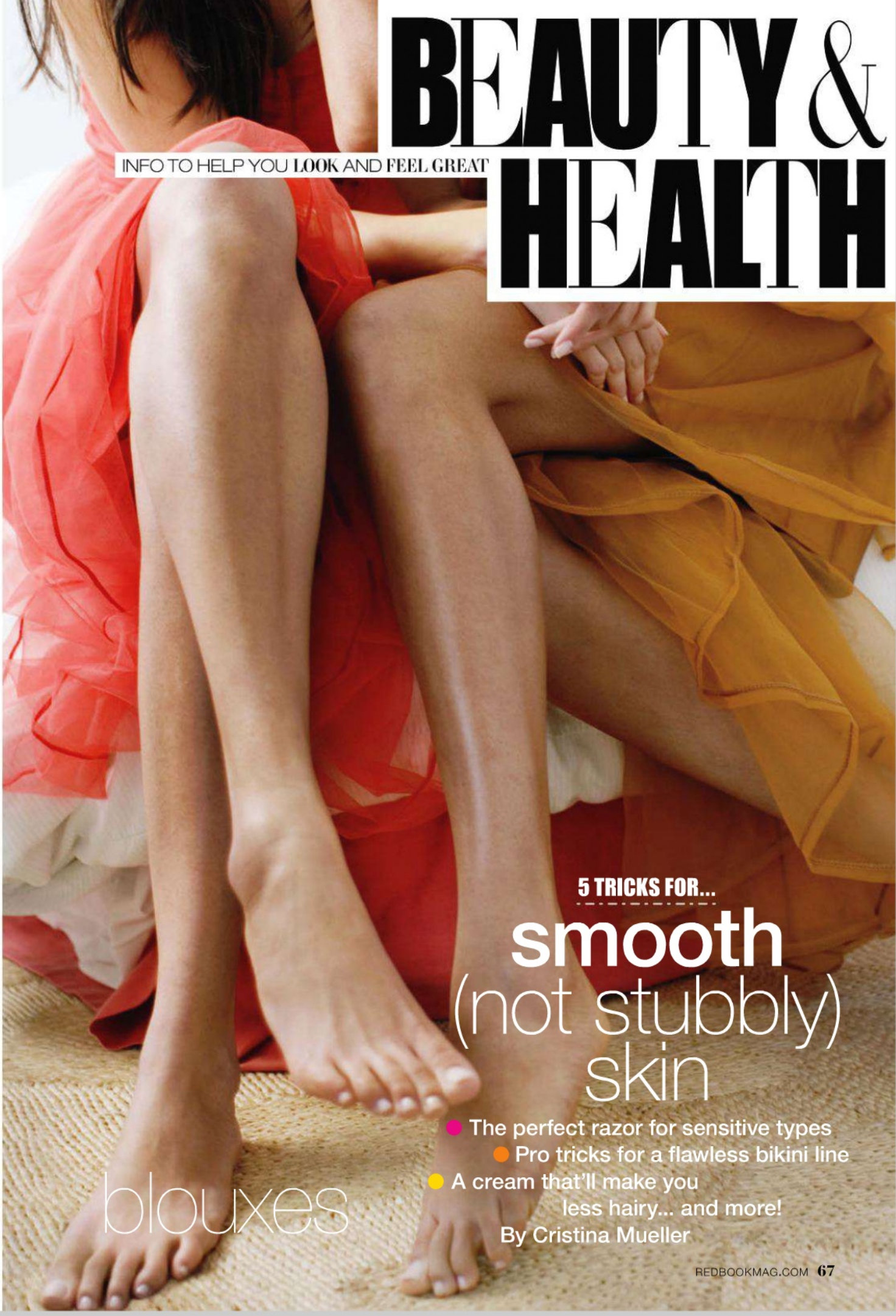


"After endless procrastination, I finally committed to doing something constructive about the extra 22 lbs. I'd being carrying around with me since my teenage years. I started eating healthily, began exercising and before long, I started seeing results. I felt incredibly motivated until I noticed stretch marks on my hips and stomach. Luckily a close friend recommended Bio-Oil (she had used it throughout her pregnancy for stretch marks). I have now reached my goal weight and the results have been unbelievable! Thank you Bio-Oil for saving the day, and just in time for summer!"
Vanessa Hartley

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers at the recommended selling price of $11.99 (2fl.oz.). Individual results will vary.

BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT



5 TRICKS FOR...

smooth (not stubbly) skin

- The perfect razor for sensitive types
- Pro tricks for a flawless bikini line
- A cream that'll make you less hairy... and more!

By Cristina Mueller

blouxes

STEPHANIE RAUSSER/TRUNK ARCHIVE.COM.



Skin as sleek as Demi's is within reach!

1 Put an end to **razor** burn

A recent study by Gillette found that 60 percent of women complained of dryness and irritation immediately after shaving. While many of us hail the precision of today's five-blade razor, experts say that if you're among those who itch or burn post-shave, you may want to downsize to a relatively primitive three-blade model. "When a five-blade razor is brand-new, it can cut hair down to a subdermal layer—which, if you have sensitive skin, can lead to ingrowns or razor burn," says Bret Reichley, head barber at F.S.C. Barber Shop in New York City. We like the Venus ProSkin MoistureRich Razor, $9.79, which is designed for touchy skin and has a moisture strip of soothing body butters.

2 READ THE **FINE** PRINT



Before you buy a shaving cream, check the first three ingredients on the label. "If one of them is alcohol or fragrance and you have dry or irritable skin, forget it," says Jodi Shays, owner of Queen Bee Salon & Spa in Los Angeles. Instead, pick a sensitive-skin formula, such as Eos Ultra Moisturizing Shave Cream Sensitive, $3.49, or—Shays's favorite—Kiehl's Ultimate Brushless Shave Cream Blue Eagle, $19 (above). Post-shower, rub on a lotion containing an anti-inflammatory ingredient such as menthol, urea, or lactic acid (found in Eucerin Everyday Protection Body Lotion SPF 15, $9.49). For hyperreactive skin, mix a dollop of Cetaphil Moisturizing Lotion, $10.33, with a drop of 1 percent hydrocortisone cream. "It smooths like a dream," says New York City dermatologist Neil Sadick.

3 BANISH BIKINI **BUMPS**

Ingrown hairs are the scourge of a bikini wax. "To prevent them, exfoliate your skin both the night before and the day after you get waxed," says Shays. She recommends using a dry skin brush made of jute or sisal fibers, which may sound intense, but she swears it's the best bump inhibitor. "Sweep it *very* lightly over dry skin, then wash the area with a 2 percent salicylic-acid shower gel, such as Phisoderm Anti-Blemish Body Wash ($7)." If you still get an ingrown, "Don't pick at it!" says New York City dermatologist Doris Day. Instead, dab it with an over-the-counter cortisone cream twice a day for a week. The good news is that most ingrowns go away on their own over several weeks, "but if a bump becomes inflamed or painful, your dermatologist can get rid of it with a cortisone injection," says Day.



4 Grow less hair!

Get this: Those shaving creams and deodorants that claim to reduce hair growth actually *can* work. "They contain plant-derived ingredients that can cause new hair to grow in finer and lighter in color," says cosmetic chemist Jim Hammer. If you're really bugged by body hair, the most effective option is prescription Vaniqa, but it's about $100 per 1-ounce tube. While it's FDA-approved only for use on facial hair so far, Sadick says it's safe to use elsewhere (and that many of his clients do). But, he adds, since body hair is coarser than facial hair, it could take longer to see results than the typical four to eight weeks it takes on the face.

5 And whatever you do...

DON'T... use shower gel as shaving cream. "Some contain a lot of perfume and, when used with a razor, can be drying," says Shays. (In a pinch, use hair conditioner.) And pretty please, *never* dry-shave. **DON'T...** get a wax right before or during your period, if you've had more than two caffeinated drinks, or if you're hung over—all of which make skin more pain-sensitive. The ideal time is the week after your period, says waxer Liana Mitrita of Kimara Ahnert Studio in New York City. A numbing, cooling spray such as Completely Bare Not Feeling It, $22, can also reduce the sting. **DON'T...** only shave up and down on your underarms. Going side to side and diagonally nabs those wayward hairs.



MOORE: FILMMAGIC/GETTY IMAGES. TORSO: STEPHANIE RAUSSER/TRUNKARCHIVE.COM. SPRAY: PHOTOGRAPHED BY GREG MARINO/STUDIO D. CREAM: COURTESY OF MANUFACTURER.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

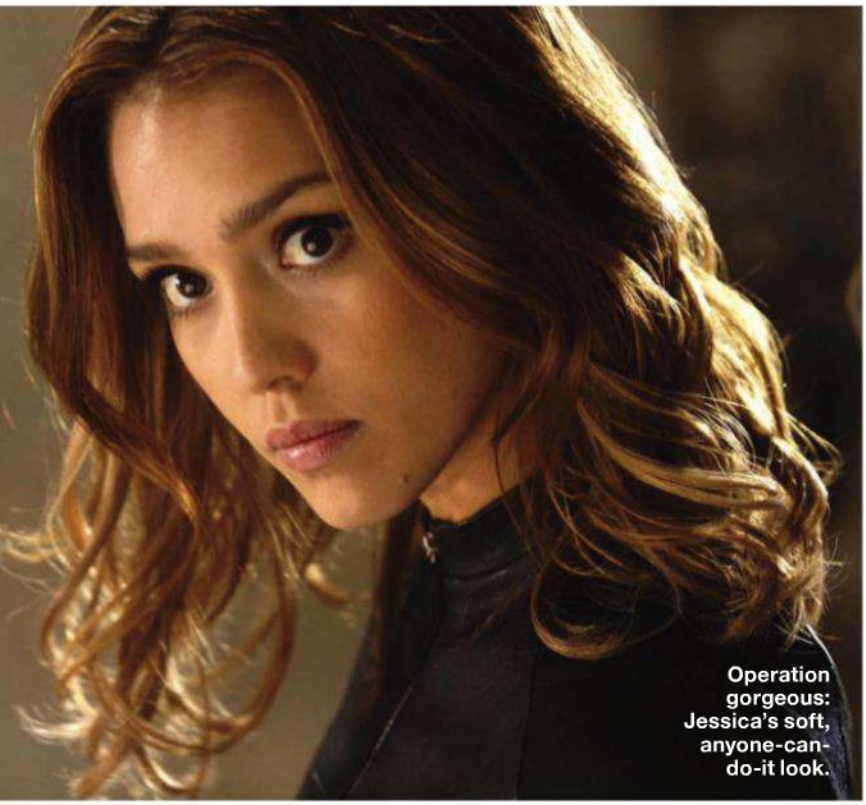
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DOWNY'S MASHING UP LAUNDRY WITH **DOWNY SIMPLE PLEASURES.**
TWO GREAT SCENTS, ONE UNEXPECTED MASHUP.



Operation gorgeous: Jessica's soft, anyone-can-do-it look.

SCREEN GRAB

Secret agent **beauty** secrets

In this month's *Spy Kids All the Time in the World*, Jessica Alba plays a mom of three and an ex-spy called back into action. Her on-set makeup artist, Lauren Andersen, and hairstylist, Robert Ramos, explain how you can look just as hot while *you're* saving the planet.

Espionage-worthy eyes: Andersen swept tan eyeshadow across Alba's lids, then pumped up her lashes with a smudge of black cream liner along the top lash lines, black mascara, and individual fake lashes at the outer corners. To re-create the effect, she suggests pulling your mascara wand out sideways at the outer corners of your eyes.

Soft cheeks and lips: For a fresh look, Anderson swept peach blush under the cheeks and pink on the apples. She then added matching pink lipstick and gloss.

Easygoing waves: "It's cool and relaxed," says Ramos of Alba's loose style, which he created by misting hair with volumizer and blow-drying it with a diffuser, then twirling large sections of hair around a 1¼-inch curling iron. "For a tousled effect, wrap each section around the barrel in the opposite direction of the last one," he says. —KAYLEIGH DONAHUE



Clockwise from top left: Revlon Super Lustrous Lipstick in Luminous Pink, $7.99; Revlon ColorBurst Lipgloss in Crystal Lilac, $7.99; MAC Fluidline eyeliner in Blacktrack, $15; Robert Ramos Volumizer, $31; Chanel Blush Duo Tweed Effect in Tweed Pink, $45.

HAIR TREND

The quick, chic pony

The low ponytail is the world's fastest bad-hair-day fix, so try these two-second tweaks from hairstylist Guido Palau, who gussied up tails on the fall runways: Part hair on the side and tease the crown slightly (skip this for curly hair). Secure hair back tightly at the nape, then "tug out a few pieces at your ears and hairline," he says. "If the ponytail is too loose to begin with, it'll come off as sloppy." So stylish, so *easy*. —K.D.



Two views of Palau's wispy pony at Gianfranco Ferré's fall show.

DO I NEED...

...SPF FOR MY HAIR?



If you color your hair, yes. Sun exposure causes cuticles to open, meaning your dye job (which may cost as much as your car payment) will fade faster than it would naturally. UV filters (hair care's equivalent of SPF) can be found in everything from shampoos to serums, but Ammon Carver, artistic director of Matrix, thinks they work best in a hairspray. "Spritzed on dry hair, the filters create a barrier against UV rays," he says. We like L'Oréal Paris Elnett Hairspray Extra Strong Hold UV Filter, $14.99. —KRISTA BENNETT DEMAIO

Don't let humidity get you down. Learn 10 new styling tips for sexy, fuss-free summer hair at redbookmag.com/sexysummerhair.

ALBA: COURTESY OF RICO TORRES/DIMENSION FILMS. RUNWAY: LUCA CANNONIERI/GORUNWAY.COM (2). HAIRSPRAY: PHOTOGRAPHED BY GREG MARINO/STUDIO D. OTHER STILLS: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D.

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If you are using, or have used, prescription products for eye pressure problems, use LATISSE® under close doctor care. LATISSE® use may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in skin areas that LATISSE® frequently touches. If you experience eye problems or have eye surgery, consult your doctor immediately about use of LATISSE®. Common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

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Please see important product information on the following page. Call 1-877-LATISSE for more information.

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What is hypotrichosis of the eyelashes?
Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is LATISSE® solution?
LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take LATISSE®?
Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with LATISSE® use?
LATISSE® solution is intended for **use on the skin of the upper eyelid margins at the base of the eyelashes.** Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using LATISSE®?
You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get LATISSE® in my eye?
LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of LATISSE®?
The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using LATISSE®?
If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use LATISSE®?
LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about LATISSE®.
Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in LATISSE®?
Active ingredient: bimatoprost
Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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9 NEW WORTH-IT **BEAUTY** BUYS WE RESEARCHED, TESTED, AND **ADORED**



PHOTOGRAPHED BY GREG MARINO/STUDIO D.

1 **Wrinkle workhorse** Three kinds of light-reflective particles in this gel-cream temporarily erase fine lines; peptides and antioxidants help banish them for good. Olay Regenerist Wrinkle Revolution Complex, $24.99.

2 **Miracle whip** This mousse is infused with collagen to boost volume and ceramides to repair brittle hair: nice! Kérastase Mousse Substantive, $39.

3 **Airbrushing for everyone** A full-coverage foundation that feels light and creamy, not mask-like? Yes, please! (Plus, it comes in 17 shades.) Avon Ideal Flawless Invisible Coverage Liquid Foundation, $11.

4 **Hot lips** One swipe of this fuchsia gloss dresses up your look in two seconds. Vincent Longo Perfect Shine V Gloss in Alpha 7, $22.

5 **Soap star** Fresh-smelling and paraben-free, this head-to-toe wash is perfect for the whole fam. Little Green Baby Shampoo & Body Wash, $15.

6 **Eye essentials** The only five shadows you need to create soft *and* show-stopping looks. Victoria's Secret Hypnotic Beauty Deluxe Eye Palette in Gypset, $26.

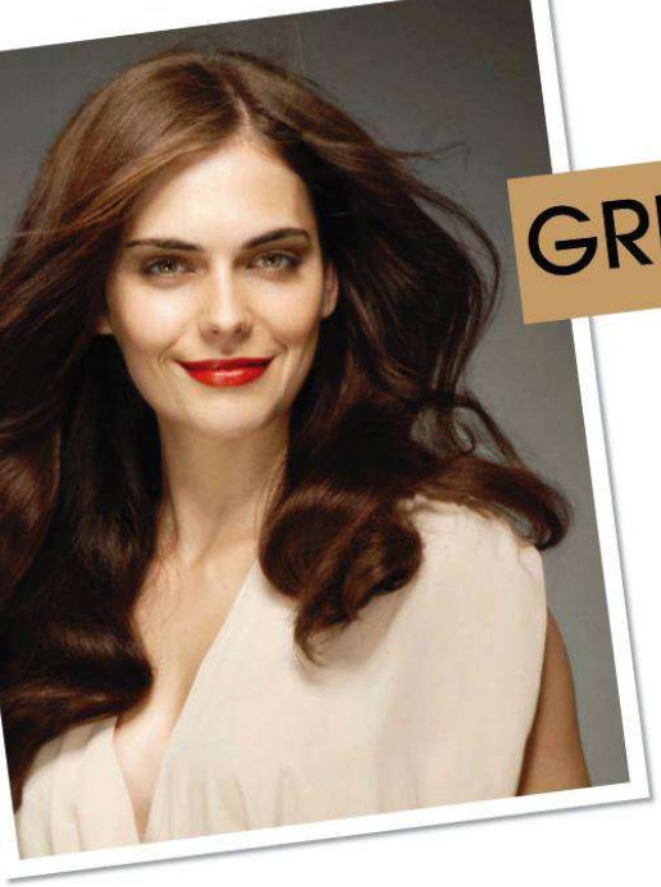
7 **Sensuous spritz** Alluring notes of pink guava, tuberose, and sheer musk will make you feel supersexy, even in a tank and flip-flops. Vera Wang Lovestruck eau de parfum, $68 for 1.7 oz.

8 **Skin smoothie** With gently exfoliating alpha hydroxy acid, this lotion both hydrates and smooths skin. Thymes Bergamot Vert AHA Body Lotion, $24.

9 **Go with gray** A glossy nail color that looks great with sandals but will segue right into fall. Essie Nail Polish in Power Clutch, $8.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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GREAT HAIR THAT TURNS HEADS

GET GLOSSY, RICH COLOR— AND KEEP IT LOOKING FABULOUS

Trends come and go, but your best style statement this season—and every season—is your hair. When you start with shiny, luminous locks you're guaranteed to turn heads whether you're dressed in your favorite skinny jeans, or your sexiest little black dress.

You can have radiant, never-ending color without ever stepping inside a salon. What's the secret? Start with **Perfect 10** for deep, rich, high-gloss color. Then keep it looking lustrous and multi-dimensional with **Pantene Color Expressions.**

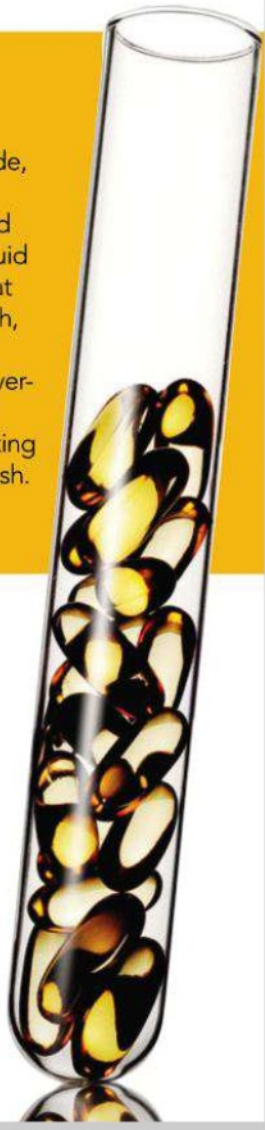
THE DREAM TEAM



PERFECT 10
penetrates deep into the the core of the hair to deliver rich, glossy color and flawless gray coverage. Thanks to a Color Infusion Formula, each strand is filled with color pigments, inside and out. Plus, it's available in 24 gorgeous designer shades, so you can get the luxurious, natural color you crave in just 10 minutes.



PANTENE COLOR EXPRESSIONS
color-enhancing blonde, brunette, and high-lighting shampoos and conditioners have Liquid Crystal technology that reveals the tone, depth, and vibrancy of your shade. The result? Never-ending shine, radiant color, and healthy-looking hair every time you wash.



"AS A COLORIST, I LIVE AND LOVE THE TRANSFORMATIVE POWER OF RICH, BEAUTIFUL HAIR THAT LOOKS HEALTHY—AND PAIRING PERFECT 10 WITH PANTENE COLOR EXPRESSIONS IS A GREAT SOLUTION."



—Marie Robinson, Clairol Celebrity Hair Colorist

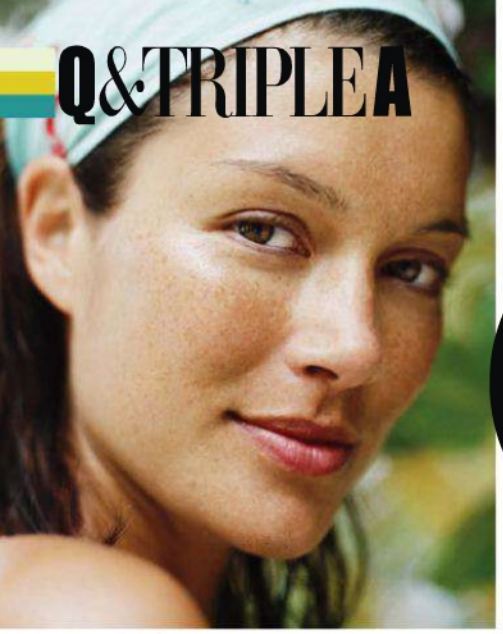


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Q My skin is breaking out like a teenager's. What can I do?

Your days of adolescent drama are long gone. Now ditch the acne!



A THE DERMATOLOGIST SAYS:

"Normal hormonal changes, like going off the Pill or pregnancy, can trigger acne even if your skin's always been great. To zap it, use a glycolic acid or a .5- to 1-percent salicylic-acid cleanser—for oily skin, up to 2 percent—twice a day to unclog pores. At night, use an acne treatment with up to 5 percent benzoyl peroxide (such as B. Kamins Blemish Gel 5%, $26) to kill bacteria." Put it on your entire face (if your skin is dry, apply it just on the broken-out areas and moisturize everywhere else), and reapply it on big honkers the next morning, Shamban says. During the day, wear an oil-free face lotion with sun protection that's labeled "noncomedogenic," which means it won't clog pores.

Ava Shamban, M.D., a Los Angeles dermatologist, assistant clinical professor of dermatology at UCLA, and author of *Heal Your Skin*



A THE FACIALIST SAYS:

"Do a treatment one to two times a week that gets rid of dead skin, which can mix with your natural oils and bacteria to plug up pores. But beware: Grainy scrubs, washcloths, and facial-cleansing brushes can rupture pimples. Instead, use a clay mask with sulfur, which shrinks zits." And whatever you do, *don't* pop a big whopper. "Squeezing it pushes the pus deeper into the skin, which can lead to scarring," March says. Instead, try the at-home fix her clients swear by: Soak a cotton ball in warm chamomile tea (which is anti-inflammatory and antiseptic), hold it on the spot, then wipe it with witch hazel (which is less drying than some spot treatments). Pat a dot of clay mask or raw honey (an antibacterial) onto the blemish to help it heal.

Julia March, facialist and owner of Julia March Integral Skin Care in New York City



A THE MAKEUP ARTIST SAYS:

"To cover zits, first dab a mattifying lotion (such as Origins Zero Oil Instant Matte Finish, $12.50) on them to blot shine. Then use an opaque concealer—one that comes in a pot or stick and has a thick, tacky consistency—in the shade closest to your skin tone. Put it on *after* the rest of your makeup, when pimples aren't as obvious—it'll be less work to hide them." Using a small, pointy concealer brush—"not your finger, which can thin out the formula," says Freedman—dot concealer directly on each spot. Brush in tiny strokes around the base to blend, then set with pressed powder. And steer clear of shimmery makeup, Freedman says. "It acts like a spotlight on spots."

—SALLY WADYKA

Brett Freedman, celebrity makeup artist and founder of Vanitymark Cosmetics

CLEAR SOLUTIONS



Neutrogena Oil-Free Acne Wash, $6.49, contains 2% salicylic acid.



DDF Sulfur Therapeutic Mask, $38



Raw honey acts like an antibacterial on pimples.



CoverGirl CG Smoothers Concealer, $7



MAC Blot Powder Pressed, $23

TOP LEFT: ERICKA MCCONNELL. EXPERTS: COURTESY OF SUBJECTS. HONEY: YASMIN & ARYE PHOTOGRAPHERS/GETTY IMAGES. PRODUCTS: COURTESY OF MANUFACTURERS.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

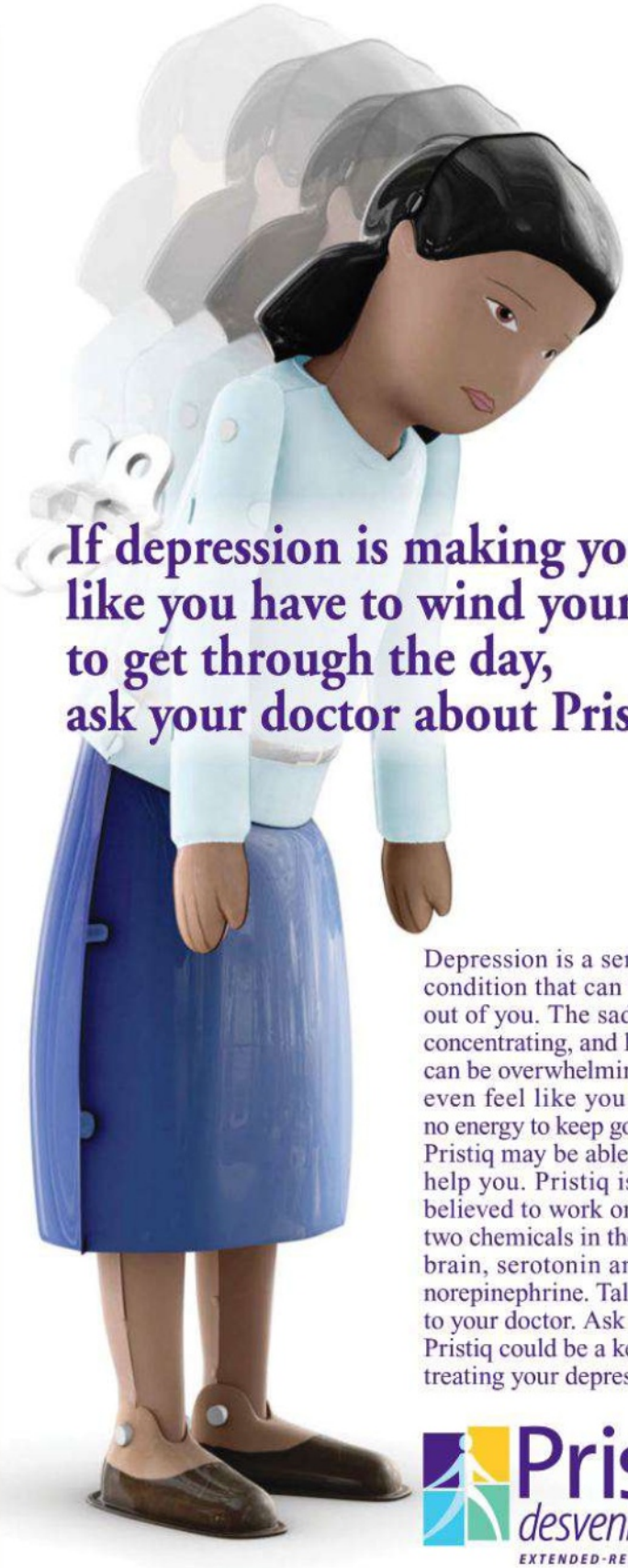
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

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January 2011

PQP00320

IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:
- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

• Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.

• Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.

• Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:
- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

• Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms.

• Antidepressants are medicines used to treat depression and other illnesses. It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

• Antidepressant medicines have other side effects. Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

• Antidepressant medicines can interact with other medicines. Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

• Not all antidepressant medicines prescribed for children are FDA approved for use in children. Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

•Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

•Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

• are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
• currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:
- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:
- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

•Do not drive a car or operate machinery until you know how Pristiq affects you.
•Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:
•See the beginning of this page.
•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:
- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

•New or worsened high blood pressure (hypertension). Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.

•Abnormal bleeding or bruising. Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.

•Glaucoma (increased eye pressure)

•Increased cholesterol and triglyceride levels in your blood

•Symptoms when stopping Pristiq (discontinuation symptoms). Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:
- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

•Seizures (convulsions)

•Low sodium levels in your blood. Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

•Allergic reactions. Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:
- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?
Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

Pfizer helpful answers

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redbook notebook august

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With 50% LESS FAT than the leading competitive granola, honey-kissed *Special K*® Low-Fat Granola is THE GRANOLA THAT LOVES YOU BACK.



Special K® Low-Fat Granola has 3g of fat per 52g serving; the leading competitive granola has 6g fat per 51g serving.



MYTH #5: Fried food causes acne. Several studies have failed to link a fatty diet to pimples. More sweet news: Chocolate won't lead to breakouts either.

DIGITAL VISION/GETTY IMAGES.

Don't believe these health **myths!**

Consider the plethora of people who give you wellness advice: your friends, your mom, that buff lady at the gym. Not surprisingly, a good amount of that info is wrong, says Aaron Carroll, M.D., coauthor of the new book *Don't Cross Your Eyes... They'll Get Stuck That Way! And 75 Other Health Myths Debunked.* He got to the bottom of some strange but popular beliefs.

MYTH #1: You should tilt your head back to stop a nosebleed. "This will keep your clothes, the couch, and the rug clean, but it's terrible advice, because it directs blood down your throat, which can make you gag or throw up," Carroll says. Instead, sit up, lean forward, and pinch your nose below the bony bridge to slow (and eventually stop) the bleeding.

MYTH #2: Public toilets will kill you! "We think the bathroom is filthy, so we go to great lengths not to touch anything," Carroll says. But studies show that door handles and toilet seats are relatively safe, because they're cleaned so often—unlike, say, air hand dryers, which can harbor *lots* of bugs. (Use paper towels, or even your jeans.)

MYTH #3: Green phlegm means an infection. "We surveyed doctors who told us that when they see green mucus, they prescribe antibiotics," Carroll says. But phlegm can turn green when your immune system fights any invader—whether it's bacteria or a cold virus, which antibiotics can't help with.

MYTH #4: If someone cuts off a finger, put it on ice—stat. "I'm amazed how prepared people are for bizarre injuries," says Carroll. "People tell you to put a severed finger on ice, but your first priority should be the person who just cut off their finger!" The right way to deal: Stop the bleeding by applying pressure, *then* wet the finger with water or saline, wrap it in gauze, and put it in a plastic bag on ice (putting it directly on ice could damage it so it can't be reattached). So that's the drill—and we hope you never need to use it! —ERIN HOBDAY

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HOW A

GIRL

KEEPS HER

SECRETS

Secret



Odor Lock™

ALWAYS MAXI LEAKGUARD™ PLUS WITH ODOR LOCK.

It absorbs faster and reduces odor better than the leading super maxi pad. Giving you the comfort and security you need to feel protected–and 100% you–all day. *OdorLock™ protection also available in Always Dri-Liners Plus.*

ASK *THE DOCTORS*

The **truth** about liposuction

Q I saw on the news that if you have lipo on your thighs, the fat comes back in your belly. Is that true?

A That report caused a lot of confusion, so let me clear it up. Basically, researchers took normal-weight women who wanted lipo on their thighs and belly pooches and did the procedure, **removing about 2 percent of their total body fat. The ladies made no diet or exercise changes, and a year later, they had gained the fat back—on their torsos.** It wasn't the dangerous abdominal fat that surrounds organs and increases risk of heart disease; it was normal subcutaneous fat. It showed up in a different place because liposuction removes whole fat cells—they can't grow back, so if you put on weight, other fat cells around your body simply get bigger. The women gained the fat because they hadn't improved their dietary or exercise habits. I always say lipo is a fine-tuning tool, not a weight-loss procedure. It'll help you lose a few inches, sure, but it certainly doesn't replace a good diet or exercise for keeping you slim and healthy.



Andrew Ordon, M.D., is a board-certified plastic surgeon and cohost of the syndicated talk show *The Doctors*. Check local listings for showtimes.

Send your health questions to askthedoctors@redbookmag.com.

CLOCKWISE FROM TOP: ALTRENDO IMAGES/GETTY IMAGES; C SQUARED STUDIOS/GETTY IMAGES; COURTESY OF CBS.



Less screen time, more green time!

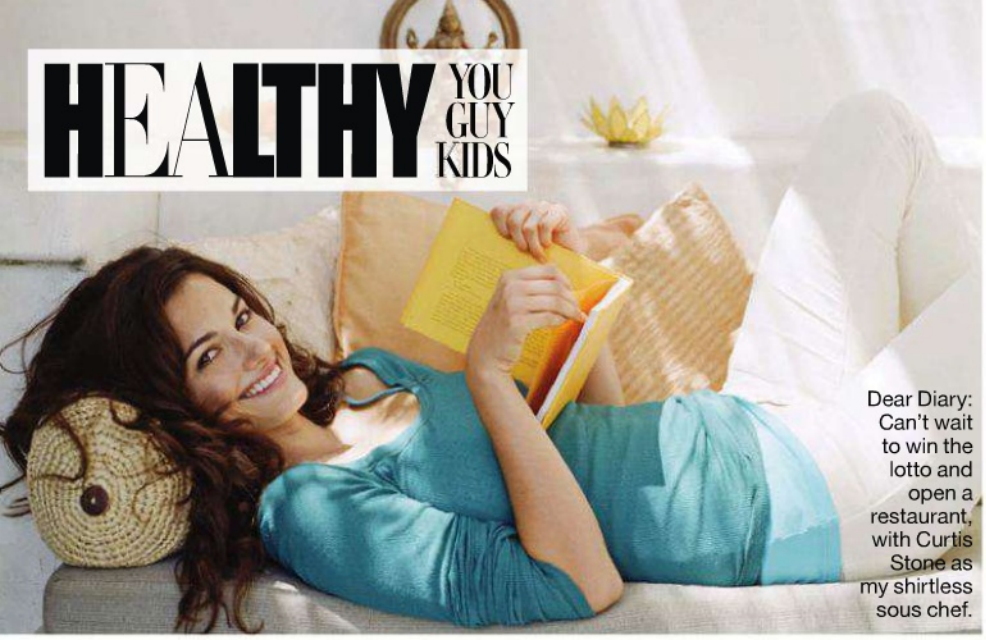
STOP A **SNEAKY** FAMILY-FATTENER

The new rule in your house: no video games before dinner. When teenage boys spent an hour in front of an Xbox 360 before a meal, they ate 163 more calories than when they spent an hour just chilling out, finds a new study in the *American Journal of Clinical Nutrition*. Those extra calories could add up to gaining a pound of fat every three weeks. You can blame those munchies on stress, says lead researcher Jean-Philippe Chaput, Ph.D. Previous research shows that playing video games gets stress hormones flowing in both kids and adults, and that people tend to reward themselves with food after experiencing tension. People also tend to eat more after watching TV, so try keeping all screens off for about an hour before dinnertime. Hey, it'll free the kids up to set the table! —E.H.



Your kid's always sick? Clean her musical instrument

Joining the band seems safer than the football team, but there is one hidden danger: The moisture that collects in wood-wind and brass instruments such as clarinets and trumpets (which are often rented, bought secondhand, or passed down) is a breeding ground for germs, finds a new study in *General Dentistry*. Researchers tested mouthpieces, keys, and internal tubing and found 372 kinds of bacteria, fungi, and molds that can cause strep throat, sinus infections, allergies, and asthma symptoms when kids inhale them. Wipe down mouthpieces, valves, and keys with a paper towel after each use, and rinse with an antimicrobial solution weekly (check the instrument manufacturer's website for product recommendations). And if you rent or buy a used instrument, spring for it to be professionally sterilized by a company like MaestroMD. —JESSICA GIRDWAIN



Dear Diary: Can't wait to win the lotto and open a restaurant, with Curtis Stone as my shirtless sous chef.

STRENGTHEN YOUR **HEART**—IN MINUTES

You've no doubt heard that happy, positive people tend to live longer, healthier lives. Another large new study just confirmed it: This one found that optimistic men and women had a 30 percent lower chance of having chest pain or a heart attack or dying of a heart condition than negative people. So does that mean if you're naturally a bit of an Eeyore, you're doomed? No, say the authors of another new study, this one published in the *Journal of Positive Psychology*. A quick and easy type of journaling could help make anyone more positive. People in the study wrote for 15 minutes about their best qualities and the things they hoped for themselves in the future, like a promotion or a family vacation; then, for five minutes, they visualized themselves getting those things. And *bam*—they felt significantly more optimistic afterward than when they simply journaled about what happened in their lives. When you visualize positive things happening, your brain and body react the same way they would if those things actually happened, the researchers explained. So take a little time to daydream—just not during your staff meeting. —J.G.

MAN MEDICINE

My guy's got dragon breath. Could it be a sign of health problems?



It's rare, but yes: Diabetes, stomach conditions, and liver or kidney problems can all cause stinky breath, as can sinusitis and tonsillitis. But for most of the roughly 50 percent of the population with halitosis, the cause is a simple dental issue such as cavities, tooth or gum infections, or plaque build-up. So your man should get to a dentist right away for a cleaning and checkup. Be sure he asks specifically about his breath; if the dentist rules out oral health problems and risk factors like smoking or drugs that cause dry mouth, she can suggest a specialist to figure out what else might be going on.

—Alan B. Carr, D.M.D., is a consultant for the department of dental specialties at the Mayo Clinic in Rochester, MN.

FROM TOP: THAYER ALLYSON GOWDY, RUBBERBALL/JESSICA PETERSON/GETTY IMAGES.

Get one month of SYMBICORT FREE!*

This is a limited-time offer, so if your doctor decides SYMBICORT is right for you, take your prescription along with this voucher to your pharmacist. It's that easy!

FOR THE PHARMACIST:
For reimbursement, please submit to **Patient Choice**. The information below should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

pskw Emdeon Patient Choice

BIN# 004682 GRP# EV57003028
PCN# CN ID#: 412477576422

OFFER EXPIRES: 12/31/2011.

For new SYMBICORT patients only. Not valid on refills.

*** Subject to eligibility rules. Restrictions apply.**

Patient Instructions: Present this free trial offer to your pharmacist, along with a valid prescription to receive a free 30-day supply (1 inhaler) of SYMBICORT.

Eligibility: This offer is good for eligible patients who have commercial insurance, pay cash, or participate in government programs (eg, Medicare, Medicaid, TRICARE, or other federal or state government programs). This offer is also good for eligible patients who reside in Massachusetts. This offer may not be used for any other product. This offer may not be combined with any other free trial, coupon, discount, prescription savings card, or other offer. Valid only at retail pharmacies; no mail order. No claim for payment can be made to ANY third-party payer for product dispensed pursuant to this offer. Not valid if reproduced. Prescriber ID# required on prescription. Void where prohibited by law, taxed, or restricted. This offer is valid only for product manufactured for AstraZeneca Pharmaceuticals, LP and lawfully purchased from an authorized retailer or distributor in the United States. This offer may be changed or discontinued at any time without notice. One free trial offer per person. The prescription must be new, refills are not eligible. If you have any questions regarding this offer, please call 1-800-236-9933.

Please see Important Safety Information on the following pages, and discuss with your doctor.

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Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

IS YOUR ASTHMA WELL CONTROLLED?

Take this Asthma Control Test™ (ACT) and discuss the result with your doctor.

Fill in the circle that best describes your answer to each question. For your total score, add up the point values of your responses to all 5 questions. If your score is 19 or below, your asthma may not be well controlled. Talk to your healthcare professional about your asthma score. All questions refer to the past 4 weeks. While this assessment is not a substitute for a healthcare professional's judgment, diagnosis, or advice, it is a private tool to help you and your doctor determine your level of asthma control and the impact asthma has on you.

How much of the time did your asthma keep you from getting as much done at work, school or at home?

- ❍ All of the time (1 pt)
- ❍ Most of the time (2 pt)
- ❍ Some of the time (3 pt)
- ❍ A little of the time (4 pt)
- ❍ None of the time (5 pt)

How often have you had shortness of breath?

- ❍ More than once a day (1 pt)
- ❍ Once a day (2 pt)
- ❍ 3 to 6 times a week (3 pt)
- ❍ Once or twice a week (4 pt)
- ❍ Not at all (5 pt)

How often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

- ❍ 3 or more times per day (1 pt)
- ❍ 1 or 2 times per day (2 pt)
- ❍ 2 or 3 times per week (3 pt)
- ❍ Once a week or less (4 pt)
- ❍ Not at all (5 pt)

How would you rate your asthma control?

- ❍ Not controlled at all (1 pt)
- ❍ Poorly controlled (2 pt)
- ❍ Somewhat controlled (3 pt)
- ❍ Well controlled (4 pt)
- ❍ Completely controlled (5 pt)

How often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

- ❍ 4 or more nights a week (1 pt)
- ❍ 2 or 3 nights a week (2 pt)
- ❍ Once a week (3 pt)
- ❍ Once or twice (4 pt)
- ❍ Not at all (5 pt)

TOTAL SCORE:

Now discuss this result with your doctor.

Asthma Control Test™ copyright, QualityMetric Incorporated 2002, 2004. All rights reserved. Asthma Control Test is a trademark of QualityMetric Incorporated.

For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

SYMBICORT is an asthma control medicine that has been proven to help improve lung function, helping patients breathe better all day and night.* Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine such as an inhaled corticosteroid.

* When taken twice daily.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta$_2$-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For more information, call 1-800-908-1501 or go to MySymbicort.com/ACT

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com.

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **have eye problems such as increased pressure in the eye, glaucoma, or cataracts**
- **are allergic to any medicines**
- **are exposed to chicken pox or measles**
- **are pregnant or planning to become pregnant.** It is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding.** Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency–a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Or, call **1-866-SYMBICORT**

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca



"I Lost 40 lbs. with *Hydroxycut*! It Really Works!"

"I had just gotten out of a bad relationship and decided that focusing on myself was my top priority. I had gained weight and was unhappy, but then I lost 40 pounds with *Pro Clinical Hydroxycut* in my diet and exercise plan and I've never felt or looked better!"



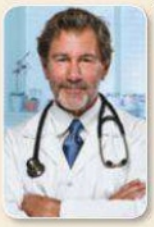
Allison Albert – Dallas, TX

Allison used *Hydroxycut* with diet and exercise and was remunerated.

Clinically Proven Key Ingredients[1]

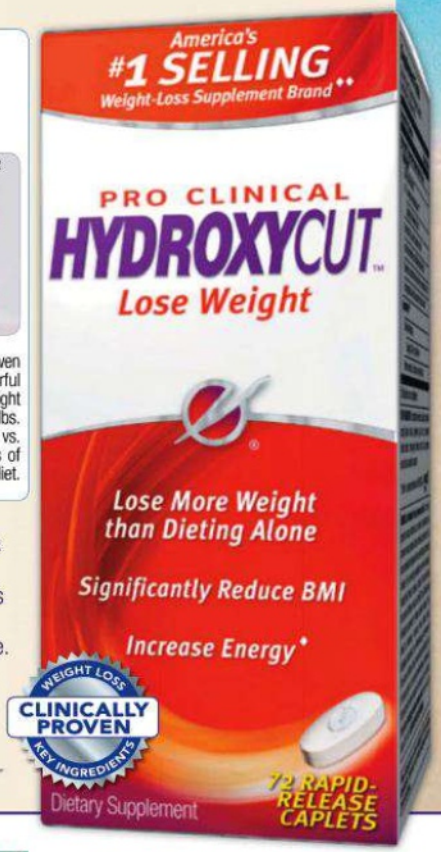


The clinically tested key ingredient combination is proven effective in two separate studies to provide powerful weight loss versus dieting alone. In fact, average weight loss with key ingredients was 20.94 lbs. vs. 1.70 lbs. with placebo in one 12-week study, and 16.50 lbs. vs. 1.73 lbs. in one 8-week study funded by the makers of *Hydroxycut*. All groups followed a calorie-reduced diet.



"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend *Pro Clinical Hydroxycut*."

– Dr. Jeff Delson, M.D.
New York, NY



Supercenters GNC LIVE WELL CVS/pharmacy Walgreens Vitamin Shoppe RITE AID meijer 7-ELEVEN

Hydroxycut.com[sm]

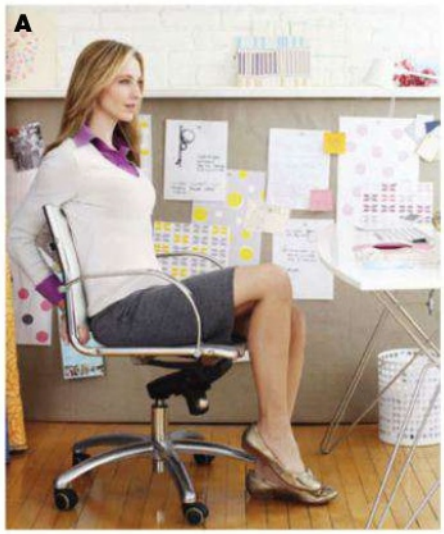
[1]The key ingredients (*Hydroxyprovia*™ blend) in *Pro Clinical Hydroxycut*™ are *Alchemilla vulgaris, Olea europaea, Cuminum cyminum* and *Mentha longifolia.*

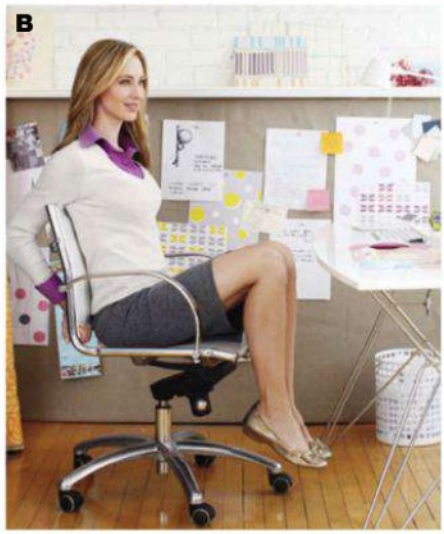
•Another ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]) supports increased energy.

••Based on IRI F/D/MX dollar sales data for 12 weeks ending 12/26/10. Read the entire label before use. © 2011.

LAZY WOMAN'S FITNESS







THE BETTER-THAN-NOTHING TUMMY WORKOUT

You don't even have to leave your desk to do this move from Sara Haley, global master trainer for Reebok. It targets your lower abs, so your belly will look flatter in any swimsuit.

A Sit so your spine is against the back of your chair, and bring your shoulders back and down. Then grasp the back or bottom of the chair for support, as shown. Pull your belly button in and up, and slowly lift your right foot off the floor, keeping your knee bent at a 90 degree angle, as shown.

B Raise your left foot the same way so that your knees are together and both feet are off the floor, as shown. Hold for two counts, then lower, keeping your stomach muscles tight and your back long against the chair. Work your way up to holding for six counts. Repeat eight times, switching the starting leg each time.

TWITTER YOUR WAY FITTER



Next step: meet up for a jog in real life.

Addicted to Facebook and Twitter? Good! Recent studies show that getting online support for your health goals can be as effective as or *more* effective than in-person encouragement. To get the most body benefits:

Set up a Facebook fitness posse. Recruit friends to run a 5K or slim down for a reunion, and set up an invite-only Facebook group to chat and post milestones.

Join a fitness networking site. Sites like fivi.com or socialworkout.com allow you to track workouts, create and join fitness groups, and post goals.

Follow a blog. We love fitnessista.com and momontherun.net. And make some noise while you're there: "You'll be much more inspired if you comment and don't just lurk," says celebrity trainer Valerie Waters.

Take it to the streets. Post or tweet that you're going for a last-minute bike ride, or check in via FourSquare at the gym, and invite others to join you. You know, in person. Remember that? —JAMIE BECKMAN

BURN FAT JUST HANGING OUT!

Almost anything you do for fun at the beach (other than lying there like a beached manatee) will burn calories and build strength. "As a rule of thumb, do what your child wants to do, because it will almost always be something active," says Gregory Florez, a spokesperson for the American Council on Exercise. At right, some accidental workouts we love.



How many calories you burn per hour:

- Playing beach paddleball **300 to 450***
- Jumping waves **about 300**
- Building a sand castle **200 to 300**
- Boogie boarding **200 to 250**
- Surfing **200 to 250**
- Playing Frisbee **175**
- Fishing **120 to 150**
- Burying someone in the sand **100**

**Calculations based on a 150-pound woman.*

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND. HAIR AND MAKEUP: BELINDA ZOLLO FOR KATE RYAN. STYLIST: ELSA ISAAC. SHOES: NATURALIZER. NECKLACE: HELEN FICALORA. EARRINGS AND BRACELETS: THE JEWELRY BAR. PROP STYLIST: KAREN OLSEN FOR MARNIE ROSE AGENCY. RUNNING GROUP: ERIK ISAKSON/TETRA IMAGES/CORBIS. WOMAN ON BEACH: PAUL BURNS/GETTY IMAGES.

BRISKET

DELICIOUS PROOF THAT GOOD THINGS COME TO THOSE WHO WAIT.

29 LEAN CUTS. ONE POWERFUL PROTEIN.



A good dinner is something worth waiting for, and you gotta love it when it comes as tender as the day is long after being slow-cooked 'til sundown – and just in time for dinner.

Learn to love all 29 tantalizing cuts of lean beef at BeefItsWhatsForDinner.com.

BEEF. IT'S WHAT'S FOR DINNER

Funded by The Beef Checkoff

ADVERTISEMENT

A thick HAIR SOLUTION



TIRED OF YOUR PUNY PONYTAIL? LUSH, DENSER-LOOKING HAIR CAN BE YOURS IN AS LITTLE AS 30 DAYS.

Whether you used to have thick, voluminous, always-gorgeous hair and noticed it's less full lately, or you never really had the full mane you dreamed of, you're not alone. The fact is, 78 percent of female U.S. salon customers describe their hair as thinning.

Regular hair loss is natural: At any given time, many hairs on your head are going through the process of being shed and new ones are growing in. But are you worried that you might be shedding too many strands? Thinning hair can be caused by a variety of factors, including family history and hormonal imbalances that occur as we age. Stress, pregnancy, certain illnesses, and an unhealthy scalp environment can also contribute to hair loss, and styling damage can lead to the appearance of thin-looking hair.

NIOXIN'S APPROACH TO HAIR, INSPIRED BY SKINCARE

If you think your hair might be thinning, there's good news. With NIOXIN, thicker, denser-looking hair can be yours in as little as 30 days. Your scalp requires the same attention and care as your skin. That's why NIOXIN's three-part system takes inspiration from skincare: Hair and scalp treatments and products optimize by cleansing and fighting breakage to improve the appearance of thinning hair. You'll notice a difference in the way your hair looks and feels in 30 days. There's a reason it's the number-one recommended thinning-hair brand in the U.S.

Ask your stylist about NIOXIN, available only in salons.

SIGNS OF THINNING HAIR

If you notice one or more of these signs, you may be losing more hair than you should.

- Have you noticed extra hair in the bathtub drain or in your brush?
- Is it necessary to pull your ponytail through an extra loop of your hair elastic?
- Do you find that your part has gotten wider and is more visible?
- When you run your hands through your hair, does it feel finer?
- Does your hair look flatter, even right after styling?



"FOR THOSE EXPERIENCING SOME FORM OF HAIR THINNING, SHEDDING, OR BREAKAGE, IT'S IMPORTANT TO UNDERSTAND THE BIOLOGY BEHIND IT."

—Dermatologist Valerie D. Callender, M.D.

NIOXIN

To learn more about NIOXIN's unique approach, visit **nioxin.com**

#1 STYLIST CHOICE FOR THINNING HAIR | NIOXIN®



THICKER, DENSER-LOOKING HAIR IN 30 DAYS. GUARANTEED*

Experience the power of NIOXIN with the advanced skincare approach to hair. Proven results from Professional Thinning Hair Systems that work.

HAIR SYSTEM KIT

ASK FOR IT AT YOUR SALON

*Satisfaction Guaranteed or your money back. Call 1-877-NO-RISK-9 (1-877-667-4759) for details. Must save original sales receipt. Refund request must be postmarked within 60 days from original sales receipt date. Void in Maine. NOX-NA-R049 11

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INTIMATE ANSWERS



Quietly wondering about something… private? Ob/gyn Hilda Hutcherson, M.D., can answer any question. Ask away!

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

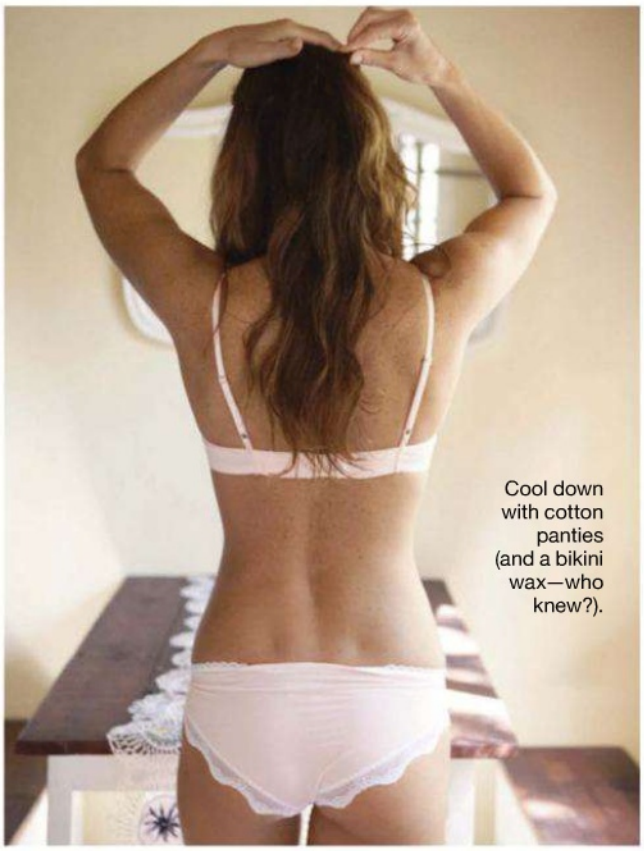
Q *I'm only 40 and was told I need a hysterectomy. Will it hurt my sex drive and health?*

A A hysterectomy could actually improve both, but before you make any medical plans, you *must* get a second opinion. A few years ago, research showed that up to 60 percent of hysterectomies were done unnecessarily. If a second doctor confirms that removal of your uterus is the best treatment for your condition, you can move ahead knowing that you may feel a whole lot better after. Hysterectomy can completely eliminate symptoms such as severe bleeding and pain from fibroids or endometriosis—and because of that, some women's sex lives improve post-procedure. Most of the time, the ovaries are left intact, so you will still have a steady stream of feel-good estrogen. If your most sensitive sexual spot happens to be on your cervix, you may find sex less pleasurable for a bit, but it will improve as you recover.

CASE HISTORY

FOR HER, SEX *REALLY* HURT

I recently had a patient in her mid-30s who suddenly started to have major pain during sex. She was in a new relationship and assumed it was because she hadn't done it for a long time, and because her partner's penis was larger than previous partners'. But for her, the discomfort was worst during deep penetration, not just at entry, and that was a sign to me that something else might be wrong. Sure enough, after an exam and ultrasound, I discovered that she had a large ovarian cyst that needed to be removed. Pain during sex is incredibly common; most of the time it's at the start of penetration, and caused by dryness. But if sex hurts in the middle of the act, after everything's all lubed up, it's a red flag that you may have a growth or another problem deep inside your pelvis, and you should tell your doctor right away.



Cool down with cotton panties (and a bikini wax—who knew?).

Q *I get really sweaty down there, especially during the summer. I've tried to control it, but nothing works. What should I do?*

A Everyone sweats down there sometimes. That's because your pubic area is covered in the same type of glands you have in your underarms, and they secrete sweat and oils when you're hot or nervous. Switch to 100-percent-cotton underpants, wax or shave to remove pubic hair, and try applying a natural, aluminum-free underarm deodorant (such as Arm & Hammer Essentials Natural Deodorant) from your local health-food store to the creases of your legs and outside your vulva. If these changes don't help, you may have a rare condition called hyperhidrosis, which causes excessive perspiration around your genitals, armpits, palms of your hands, or soles of your feet, and you should see a dermatologist. In severe cases, Botox injections can help decrease activity of these glands and solve the sweats.

FROM LEFT: COURTESY OF SUBJECT; SARAH KEHOE.

beautyspot



tip of the month

24-hour eyeliner. All-day lipstick. Make-up has become longer lasting and harder to get off. And the harder you scrub those defects [illegible] the more you damage your skin. Try an absorbent [illegible]

INSTANT BEAUTY

Use these high-tech, skin-perfecting serums to smooth away lines and leave your skin feeling great.



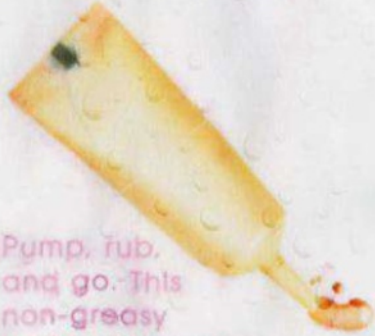
Voila! This seaweed-based serum wipes out wrinkles after one month.

SEAWEED SURPRISE BEAUTY SERUM +SPF35 BY MARCUS, $119



This overnight treatment cleanses skin of pollutants and dead skin cells. Slough away!

NIGHT PEEL REVEAL THE REAL YOU EXFOLIATING SERUM BY NIKKID, $65



Pump, rub, and go. This non-greasy under-eye cream protects your skin from free radicals.

NIGHT PEEL REVEAL THE REAL YOU EXFOLIATING SERUM BY NIKKID, $65

new

Introducing the most intense hydration available

Introducing bodycology® rich&creamy™ — a NEW line of body washes and body lotions:

- proven to lock in moisture for 24 hours
- improves your skin's moisture by 153% immediately
- leaves you smelling fabulous

WITH 24-HOUR aquation HYDRATION TECHNOLOGY

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bodycology®

for a beautiful you.

Like us for hydration tips.



"Try the **arm makeover** that worked for us!"

If you want almost-instant fitness gratification, your arms are the perfect place to start. Many women carry little body fat there, so muscles show the results of every curl, press, and pull *fast*. And you get major compliments, because your arms are on view every day (unlike, say, your abs). To help you make over your upper body, we recruited celebrity trainer Valerie Waters. Stars like Jennifer Garner love her just as much as the four women above, who all got firmer, sleeker, and stronger in just six weeks.

PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. HAIR: TYLER LASWELL FOR TRESEMMÉ AT JUDY CASEY INC. MAKEUP: ELISA FLOWERS FOR DIOR BEAUTY AT BA-REPS.COM.



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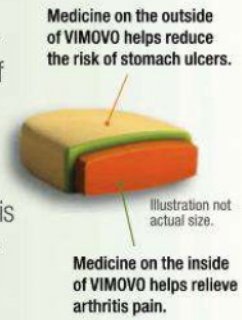
Is your arthritis pain medicine putting you at risk for stomach issues?

Ask your doctor about VIMOVO.

VIMOVO is a prescription medicine that combines a proven arthritis pain reliever with built-in medication that can help protect you from stomach issues common to NSAIDs.

NSAIDs (nonsteroidal anti-inflammatory drugs) can effectively reduce the pain of osteoarthritis. But they may also lead to stomach issues which may keep you from taking the medicine you need.

VIMOVO combines a prescription arthritis pain medication with a built-in medicine that has been proven to reduce the risk of developing stomach (gastric) ulcers.*



So if you're worried about potential stomach issues with your arthritis pain medication, ask your doctor about VIMOVO.

** In 6-month clinical studies, compared with enteric-coated naproxen.*

Get your VIMOVO prescription for only $10† each month

Sign up for a VIMOVO Savings Card today.

† Requires a prescription; subject to eligibility rules; restrictions apply.

Visit SaveOnVIMOVO.com

Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis, and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

Important Safety Information

Like all medications that contain nonsteroidal anti inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Review all the medications, even over-the-counter medications, you are taking with your health care provider before starting VIMOVO. Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

Vimovo™
(naproxen/esomeprazole magnesium)
375/20•500/20 mg delayed-release tablets

AstraZeneca

IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
- in people who have heart disease

NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).

NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding

- can happen without warning symptoms
- may cause death

The chance of a person getting an ulcer or bleeding increases with

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

NSAID medicines should only be used

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

Get emergency help right away if you have any of the following symptoms

- shortness of breath or trouble breathing
- chest pain
- weakness in one part or side of your body
- slurred speech
- swelling of the face or throat

Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

WHO SHOULD NOT TAKE VIMOVO?

Do not take VIMOVO

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

Before you take VIMOVO, tell your health care provider about **all** your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.

- Using VIMOVO with other medicines can cause serious side effects
- Talk to your health care provider if you are pregnant or breast-feeding. **NSAID medicine should not be used by pregnant women late in their pregnancy**

HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

Serious side effects may include

- **High blood pressure**
- **Heart problems** such as congestive heart failure, heart attack, or stroke
- **Active bleeding**
- **Serious allergic reactions**
- **Serious skin reactions**
- **Liver problems**
- **Bone fracture**

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

NSAID medicines that need a prescription

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

* Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

For more information, call 1-800-236-9933 or go to www.VIMOVO.com

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Vimovo™
(naproxen/esomeprazole magnesium)
375/20+500/20 mg delayed-release tablets

AstraZeneca



BEFORE: "Years of yo-yo dieting left my arms pretty flabby. For the most part, I cover them in public." —*Shanté Gordon-Armstrong, 34*

"My arms and shoulders are way more toned. My husband definitely noticed and said they look smaller and firmer. I feel fine going sleeveless now!"



BEFORE: "My main form of exercise is running, so I've woefully neglected my upper body." —*Sharon Liao, 32*

"I wore a tank top to a barbecue recently and a friend complimented me on how great my arms look—then another friend told me that I look so good she wants to try the workout herself!"



BEFORE: "I want to get strong and toned, like the arms I see on fitness models." —*Caitlin O'Donnell, 26*

"My arms are firmer all over: I see results on the tops of my shoulders and the undersides especially. I'm more excited to wear tank tops this summer than ever before, and I plan to keep using the moves to see how much stronger I can get."



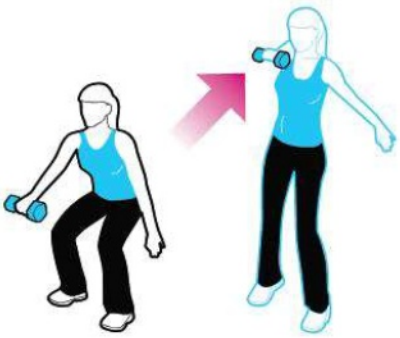
BEFORE: "I used to have such nice arms in my 20s! I want the definition back without spending hours working out." —*Tara Zades, 40*

"I did this program easily in my living room after work—even on vacation! I started to notice a change after three weeks, and it kept me motivated. Toned shoulders are so sexy."


Make your lunchtime
as interesting as Jewel's.
Jewel
- wife, mother, singer, songwriter and actress
NEW!
from Oscar Mayer
Oscar Mayer
SANDWICH COMBOS
OVEN ROASTED
TURKEY & CHEDDAR
390 CALORIES
Mousse
JELL-O
VIP
LIPGLOSS
New Oscar Mayer Sandwich Combos
Oven roasted turkey and sharp cheddar on a thin sandwich bun,
crunchy Wheat Thins and a rich chocolate-flavored mousse cup.
Find us in the refrigerated meat case.
Only from
Oscar Mayer
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THE NO-BIG-DEAL ARM WORKOUT

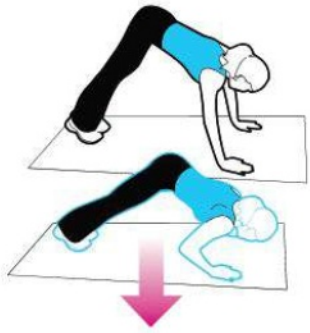
This routine takes 20 minutes, max. Do it three times a week and you'll see results in four to six weeks. Go through all of the moves in order, rest for 30 seconds, then repeat the sequence two more times. All you need is a pair of 5- to 8-pound dumbbells. (Get them at spri.com and receive 20 percent off with the discount code REDBOOKARMS.) For results like our superstar readers got, aim to do 30 minutes of cardio per day too.



1. Squat to high pull

A With a dumbbell in your right hand, lower into a squat, bending your knees as if you're going to sit in a chair, and reach your right arm forward at waist level with your palm facing the ground, as shown.

B In one explosive movement, stand and rise up onto your toes, bending your elbow and pulling the weight up and in at shoulder height, as shown. Repeat 10 to 12 times. Switch the weight to your left hand and do 10 to 12 more reps.

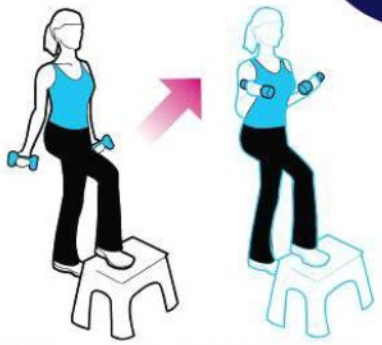


3. Inverted shoulder press

A Get into push-up position, then walk your feet forward so your hips pop up in a V and your torso is nearly perpendicular to the floor, as shown. Your hands should be slightly wider than your shoulders, arms straight.

B Maintaining your posture, bend your elbows and lower your body until your head nearly touches the floor, as shown. Pause, then push yourself back up. Repeat eight to 10 times.

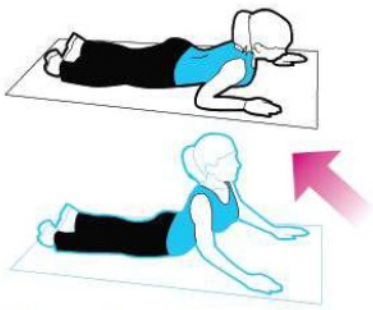
TONE THE REST OF YOUR BODY with our two-minute workouts at redbookmag.com /workoutvideos.



2. Biceps curl with foot elevated

A Hold a dumbbell in each hand, palms facing forward, with arms stretched slightly behind you. Place one foot on a step, bench, or ottoman, as shown.

B Slowly curl your hands up toward your shoulders, keeping your elbows in and at your waist. Repeat 10 to 12 times. (Switch legs halfway through each set.)



4. Cobra push-away

A Lie on your stomach with your palms down next to your ears.

B Keeping your hips on the floor, use the muscles in the backs of your arms to slowly push your upper body up, as shown. Keep your glutes tight and be careful not to raise yourself so high that you feel tension in your lower back. Repeat 10 to 12 times.

ILLUSTRATIONS BY DATA TICKLER.

Want to own Jewel's purse?



Visit facebook.com/oscarmayer for a chance to win Jewel's purse* and select items in it**, including an American Airlines Travel Certificate to anywhere they fly in the continental U.S.



New Oscar Mayer *Sandwich Combos*

In the refrigerated meat case

Only from Oscar Mayer

*NO PURCHASE NECESSARY. Open to residents of the 50 U.S. and D.C., 18 and older. Ends 11:59 pm ET on 8/25/11. To enter and see Official Rules visit www.facebook.com/oscarmayer. Void where prohibited. PRIZES/VALUES: (1) Grand: a new/unused Brynn Capella HandBag and "contents"/$2,574. (8) First (1/week): a new/unused Brynn Capella HandBag/$400. (56) Second (1/day): Cosmetics and perfume assortment/ $85. Odds of winning any drawing depends on the number of entries received for each drawing.

**Prize items for illustration purposes only. Actual prizes may vary. Winners will receive a new purse, but it is the same brand, color and style that Jewel actually uses.

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HONESTLY HEALTHY HAIR

THE RIGHT PRODUCTS MAKE EVERY DAY A GOOD HAIR DAY. BUT DON'T JUST TAKE OUR WORD FOR IT.

HEAR WHAT ACTRESS EVA MENDES HAS TO SAY:





"WHEN I TREAT MY HAIR WELL, I SEE RESULTS. THERE ARE CERTAIN PRODUCTS THAT YOU KEEP COMING BACK TO AND FOR ME, PANTENE'S ONE OF THEM," SAYS MENDES.

Whether you are in or out of the spotlight, you too can have gorgeous, healthy hair. **Pantene's Breakage to Strength System** has been designed with Keratin Protection, so you can help prevent split ends and get the healthy look you desire. Read on to learn more.



EVA MENDES, ACTRESS

Don't trade style for health. Regular use of heated styling tools like blow dryers, flat irons, and curling irons can damage your hair. Formulated with an anti-breakage complex, **Pantene Breakage to Strength Shampoo** will leave your locks shiny and strong.*

Thick hair is susceptible to split ends and dryness. **Pantene Breakage to Strength Conditioner** has an advanced formula that not only smoothes hair but strengthens it against damage, leaving it healthy and revitalized.

TIP:
NEED A LIFT?
Try **Pantene Root Lifter Spray Gel** or **Triple Action Volume Mousse** to get a full-body, voluminous look.



A telltale sign of damaged hair is split ends. Treat your tresses to a little TLC and protect hair from future damage with **Pantene's Split End Repair Keratin Protection Crème**. This special formula helps bind existing split ends with one use. Simply add to damp hair and style as usual.

"I'M SO EXCITED TO TELL PEOPLE ABOUT PANTENE. **THERE WERE NO TRICKS ON SET,** I'M NOT WEARING EXTENSIONS. IT FEELS GREAT TO BE SELLING A PRODUCT THAT REALLY WORKS."
—Eva Mendes

*strength against damage

LOOKING FOR MORE PHOTOS AND VIDEO FROM EVA'S SHOOT?
Log on to Facebook.com/Pantene for behind the scenes footage.

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PRO-V

PANTENE

"I BLOW-DRY AND FLAT IRON. TILL YOU SEE SMOKE. PANTENE SAID TRY THE **BREAKAGE TO STRENGTH SYSTEM.*** THIS **KERATIN PROTECTION** PRO-V SYSTEM HELPS PREVENT, THEN REPAIR SPLIT ENDS."

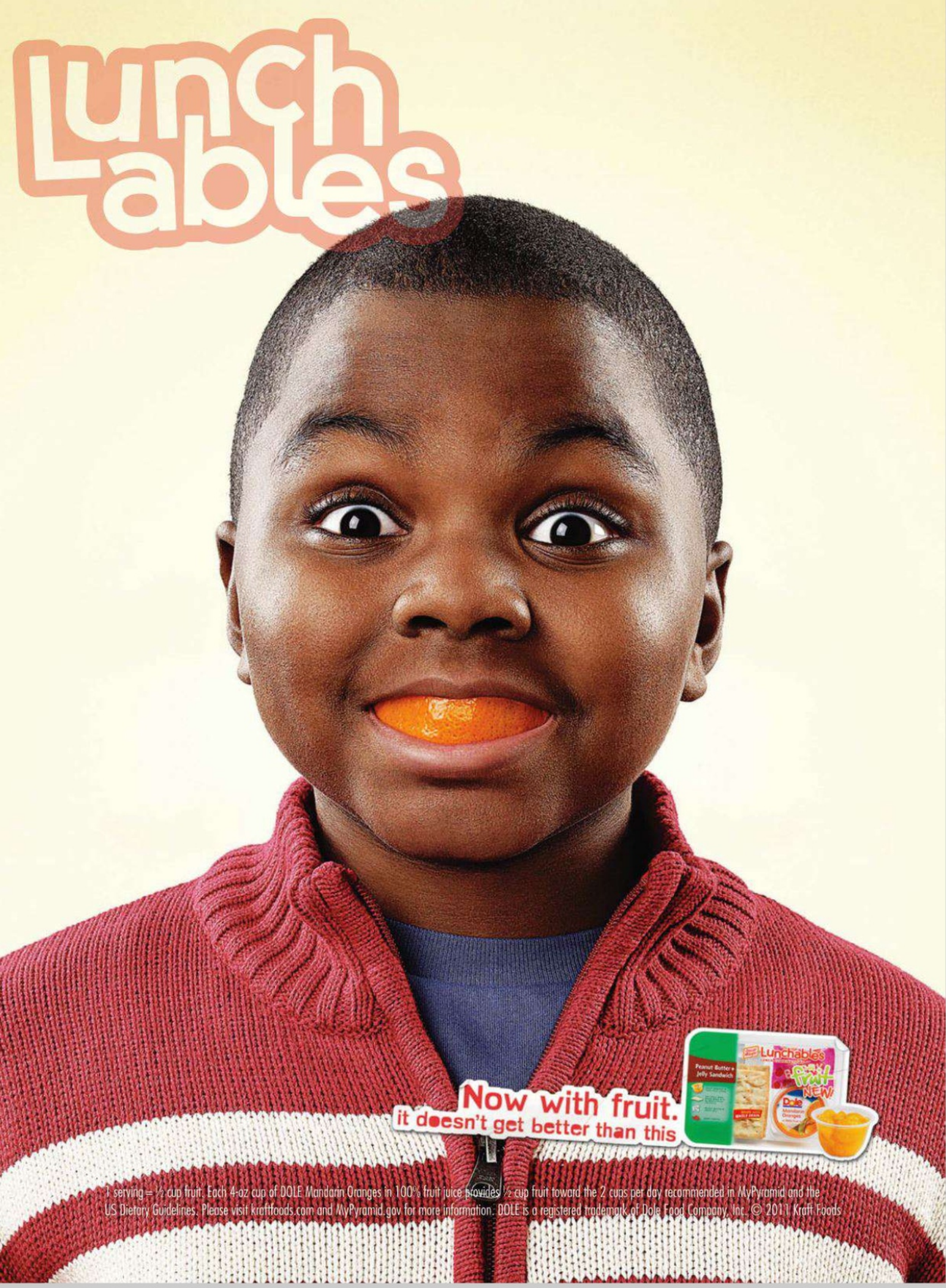
ZERO FEAR OF BREAKAGE
100% MORE STRENGTH†

—Eva Mendes



PANTENE. HEALTHY MAKES IT HAPPEN
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*system: shampoo, conditioner & split end repair creme †strength against damage vs. non-conditioning shampoo



1 serving = ½ cup fruit. Each 4-oz cup of DOLE Mandarin Oranges in 100% fruit juice provides ½ cup fruit toward the 2 cups per day recommended in MyPyramid and the US Dietary Guidelines. Please visit kraftfoods.com and MyPyramid.gov for more information. DOLE is a registered trademark of Dole Food Company, Inc. © 2011 Kraft Foods

MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



MOMO PRODUCTIONS/GETTY IMAGES. COUPLES: PHOTOGRAPHED BY BRIAN KENNEDY.

Before you, he literally lived in a pigsty.

TELL THE TRUTH:

I fell in love with him despite...



"The fact that he was such a worrier. He wouldn't cross the street against the light if there were no cars for miles. *I've since learned to take charge!"*

—JULIE SOLAREK, 25, married to CHARLIE for 2 years

"His terrible first-date outfit: purple pants, purple faux-suede jacket, and purple-lensed sunglasses. I couldn't help but laugh."

—JEN LANE, 35, married to MATT for 8 years



"The really bad long hair he had. Luckily, I didn't have to ask him to get rid of it—he got a job and they made him cut it off."

—ROBIN LEE, 27, married to ANDY for 4 years

"Finding the book The Tightwad Gazette *on his bookcase. But he proved to be extremely generous with me. Phew!"*

—CAROL MARGOLIS, 52, married to BRUCE for 14 years



"His smelling every bite of food on our first date. So weird! I later learned that he smells everything—food, leather, whatever!"

—KANDIE TATE, 35, married to JASON for 13 years



Hot sex, minus the minibar bill.

Have vacation sex... in your own house!

"My friends and I agree: Vacation sex is the best," Rene in Madison, WI, wrote to REDBOOK. "All of us try to bring it home; none of us succeed. Can you help us figure it out?" A worthy mission! We took it to some un-shy experts who gave us these ideas:

Seize the next sunny day. Sunshine can make you hot—for each other. Vitamin D, produced by your body when you're exposed to sunlight, is associated with high levels of sex hormones that boost arousal. A beach day could be just the foreplay you need.

Upgrade your room. You don't need 10,000-thread-count sheets, but there *is* something to be said for clean linens and zero clutter, says sex educator Dana B. Myers, founder of the online sexy-products shop Booty Parlor. Getting rid of laundry piles and toys and bringing in a candle or two can make you feel sexy, not stressed. If your room needs major work, move the action to a clean guest room. Why should visitors have all the fun?

Get busy more often. Another reason vacation sex rocks? There's more of it. And there's a bonus to upping your frequency: "The more sex you have, the sexier you feel and the more you'll want," says Amy Levine, a sex coach in New York City.

Kick out the kids. Instead of going out on date night, have a sitter take the kids to a movie while you stay in, suggests Barbara Keesling, Ph.D., author of *Men in Bed*. Or consider a rent-by-the-hour motel. (Don't bash it until you try it, Rene!) —NICOLE YORIO

TRY THIS 30-SECOND RELATIONSHIP CHECKUP

Look through your instant messages or text messages and see how many times you say "I." Wayne State University researchers found that the more frequently women used "I" in instant messages, the happier the couple. "These women were opening up to their partner and also maintaining their independence, both of which make for a strong bond," says lead researcher Richard Slatcher, Ph.D. Didya hear that coach? There *is* an "I" in t-e-a-m!

Love life road test

FREE THERAPY ON YOUR PHONE?

The Fix a Fight app (created by a therapist) says it'll solve your spats. Our testers gave it a shot.

Couple #1: A.H. and D.H., Denver

We constantly bicker over my husband's not helping get the kids ready when we go places. The app asked us to state how each of us played a role in causing the fight, plus what we would do differently next time. Then we had to circle the emotions we felt. That part was really helpful, because my husband always knows what I'm feeling, but I never know what he feels. It honestly felt like a mini therapy session! It's only been a week, but the past two times we left the house, he was a major help.

Passion factor: Warm and fuzzy

Couple #2: A.D.S. and E.L., North Miami, FL

We used the app for a recurring fight we have about housecleaning: I feel like I do more. Normally, if he's slacking, I give him a verbal shove and he gets to work, but this app made us focus on sharing our feelings. It was refreshing to hear him open up; he said he didn't feel valued for the work he did, and I decided to try to thank him more. But after a few minutes of using the app, we got bored. Normally when we fight, we resolve it quickly, and this had us dwelling on it. I'd rather get mad, then move on!

Passion factor: Warm-ish



Kissing spreads more than love: Cavity-causing bacteria can be swapped too, studies have found. Ask your guy to brush up before you pucker up!

COUPLE: PHOTOGRAPHED BY STEPHANIE RAUSSER. PHONE: BEN GOLDSTEIN/STUDIO D. APP: COURTESY OF MANUFACTURER.

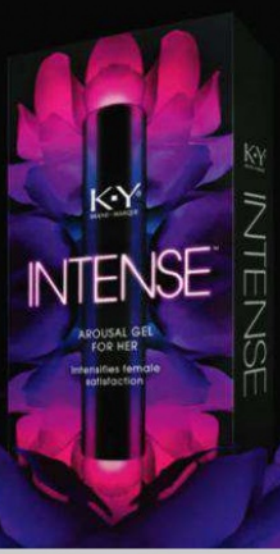
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K-Y® Brand INTENSE™ is the first and only female arousal gel from K-Y.® With just a few drops, this unique, scientifically proven formula increases a woman's sensitivity for an even bigger, even better climax. Sounds mind-blowing, right? For 7 out of 10 women it is. But don't take our word for it, hear what other women saying at **IntenseEffect.com.**



10 new ways to re-tie the knot

DARLING WIFE, I VOW...

…to stop saying "gay as a bee" whenever you mention an actor you think is hot.

…to never again refer to your breasts as "the old girls."

…to keep my bait worms in a clearly labeled, tightly sealed container whenever I store them in the fridge. And never again next to the cold cuts.

…not to use air quotes when describing something you cooked.

…that I fell for you because you are the most beautiful and intelligent woman I've ever met, and not because of any alleged talent you might have that one could demonstrate with a banana.



DARLING HUSBAND, I VOW...

…to stop acting like Mama Gorilla by grooming you in public.

…to never again call your iPad "the $500 solitaire machine."

…to refrain from jiggling a glass of ice at you when I want another drink.

…not to always pick rock, even though I know you will *always* pick scissors.

…to remember the power of a quickie, as long as you remember the power of a longie.

ILLUSTRATION BY MARCOS CHIN.

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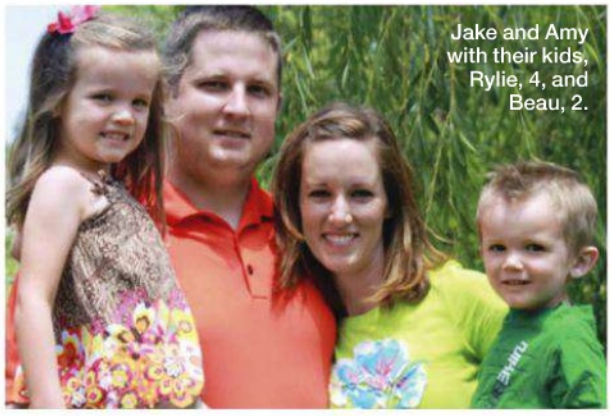
thundershirt



Amy and Jake Burnett's Oklahoma home, utterly destroyed by a May tornado.

"We survived"

The country watched in horror this spring as tornados killed more than 500 people. These couples just barely got out alive. Their stories will make you want to grab your guy and never let go. By Kenrya Rankin Naasel and Jihan Thompson



Jake and Amy with their kids, Rylie, 4, and Beau, 2.

"My husband almost didn't make it"

Amy and Jake Burnett
Married 7 years

On May 24, Amy Burnett was at the grocery store when she got a call from her husband, Jake, that a serious tornado was heading toward their town of Piedmont, near Oklahoma City. She raced to pick up their daughter, Rylie, 4, and son, Beau, 2, from day care. As soon as they got home, she and the kids took food and a jug of water down to the tornado shelter the family had installed in their garage when they built the house three years ago.

"I called my husband, and he was speeding home from work, but I was petrified he wouldn't get there in time," says Amy, 31. When he finally showed up, frantic and soaking wet from the storm-driven rain, the family bolted themselves into the safe room and waited for the twister to hit. "If he had arrived 10 minutes later, he wouldn't have made it," says Amy, crying. It sounded like the world was ending outside, and 30 minutes later, when Jake opened the door, the world they had known *was* gone.

Rylie shouted in disbelief, "Our house blew away!" In fact, the tornado had demolished the Burnetts' entire block. Family members took them in, and helped them begin to sort through the rubble the next day. "My aunt somehow found my husband's wedding band, which had been on our bedroom dresser," says Amy. "We lost nearly everything else we owned, but not what counted most—our family. Beau is thankfully too young to understand what's happened, but when Rylie asks why she can't go home, and where her toys are, I just break down. I can't bear to tell her that nothing will ever be the same. Jake has been so strong for all of us. I can't imagine having to go through this without him." The Burnetts are looking for an apartment to rent until they can rebuild their home. Despite it all, "we know how blessed we are. Jake and I have always had a solid marriage, but after making it through this, I feel like we can get through anything, no matter what," says Amy.



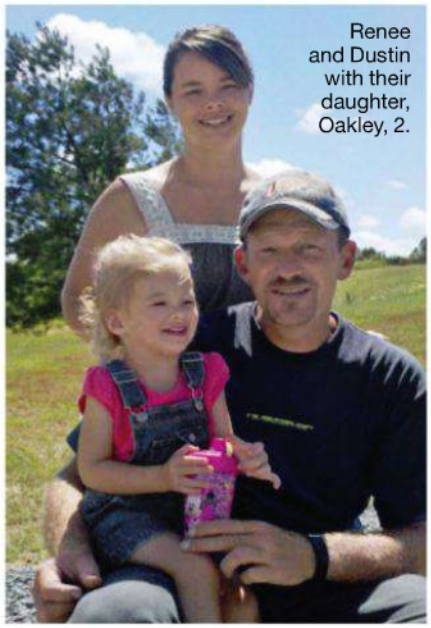
What remains of Jake Burnett's Ford F-150 truck.

COURTESY OF SUBJECTS (3).

"Living through this made us immensely closer"

Michele and Michael Coss
Married 10 years

When the first tornado siren went off in Joplin, MO, on May 22, Michele Coss admits that she ignored it. "They go off all the time in the spring and nothing happens," says the 39-year-old mother of two. When the second siren sounded, her husband, Michael, went outside to take a look. He raced back in seconds later: "It's coming. Get the kids and get under the house right now!" Michele scooped up their 6-month-old son, Collin, and their daughter, Kacy, 7, and they ran—the twister hit just moments after Michael slammed the basement hatch closed. "The noises were unreal. We could hear things crashing above our heads," says Michele. Like the Burnetts, the family emerged to find that the tornado had ravaged their home. "My daughter's bed was in our neighbor's tree. What if she had been in it? I couldn't believe the destruction. For six years, Mike and I poured our hearts into fixing up that house, and now there's nothing," says Michele, tearily. When Michael's parents came to drive Michele and the kids to safety, Michael stayed behind to help other neighbors go house to house, shutting off gas and looking for people trapped in the rubble. "That's just who my husband is. He wasn't going to walk away from everybody," she says. "Before the tornado, our marriage hit a rough patch. Mike was out of work last year, we had to cut back on a ton of stuff, and then I got pregnant. The stress tore us apart. But living through this has made us immensely closer and helped us see how much we truly need each other. There are people out here who are in our situation, but they're also planning a funeral for their spouse or child. That right there makes you count your blessings."



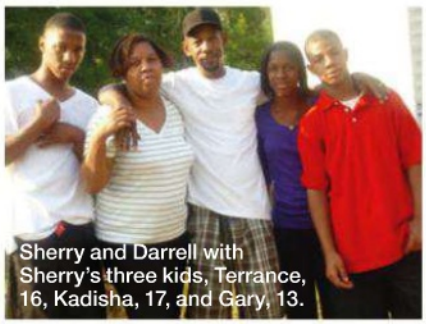
Renee and Dustin with their daughter, Oakley, 2.

"We survived in the only room left standing"

Renee and Dustin May
Married 8 years

When *two* tornados hit Renee and Dustin May's Tuscaloosa, AL, home on April 27, the family ran into the bathroom—one of the safest places to take cover during a storm, because of the sturdy framework needed for piping. Their 2-year-old daughter, Oakley, was crouched on the floor of the shower, crying for her daddy to "make it stop!"—while Dustin struggled to hold the bathroom door shut as the wind tore off the roof, shingle by shingle. "I remember thinking that the storm could take me, but it could not have my child," says Renee, 30. It took only a few minutes for the twisters to destroy everything on their 30-acre farm—except the bathroom they were in. "The rest of the house was in a pile around us. I couldn't believe we survived without a scratch," says Renee. The family is now back on their land, living in a trailer donated by a friend. "Dustin and I have become such a team as we put the pieces of our lives back together," she says. She's also seen a softer side of her typically stoic husband: When she got scared that another storm might threaten their area days after they were hit, Dustin stayed home from work to comfort her. "His actions helped me realize just how much he cares, and I appreciate him even more. We've had more heart-to-heart talks in the last month than we did the first year of our marriage."

Crisis advice from a couple who's been there



Sherry and Darrell with Sherry's three kids, Terrance, 16, Kadisha, 17, and Gary, 13.

Sherry and Darrell Miller have a unique perspective on what happened to so many families this spring. In 2009, a tornado upended their lives too: They had just enough time to gather their three children on the living room floor of their Aiken, SC, mobile home before the trailer was airborne, flying off the ground in 165 mph winds. They made it out with minor injuries, but their trailer was no longer livable. Now, two years later, Sherry offers wisdom that any couple in turmoil can use.

Disaster can be enlightening. "If I ever doubted Darrell's love, I knew how he felt after that night. It was amazing how he took care of us, starting with taking the shirt off his back and giving it to my youngest son, Gary, because he wasn't wearing one and it was cold. We've been married for five years, and I take comfort knowing he'll always be there when we need him."

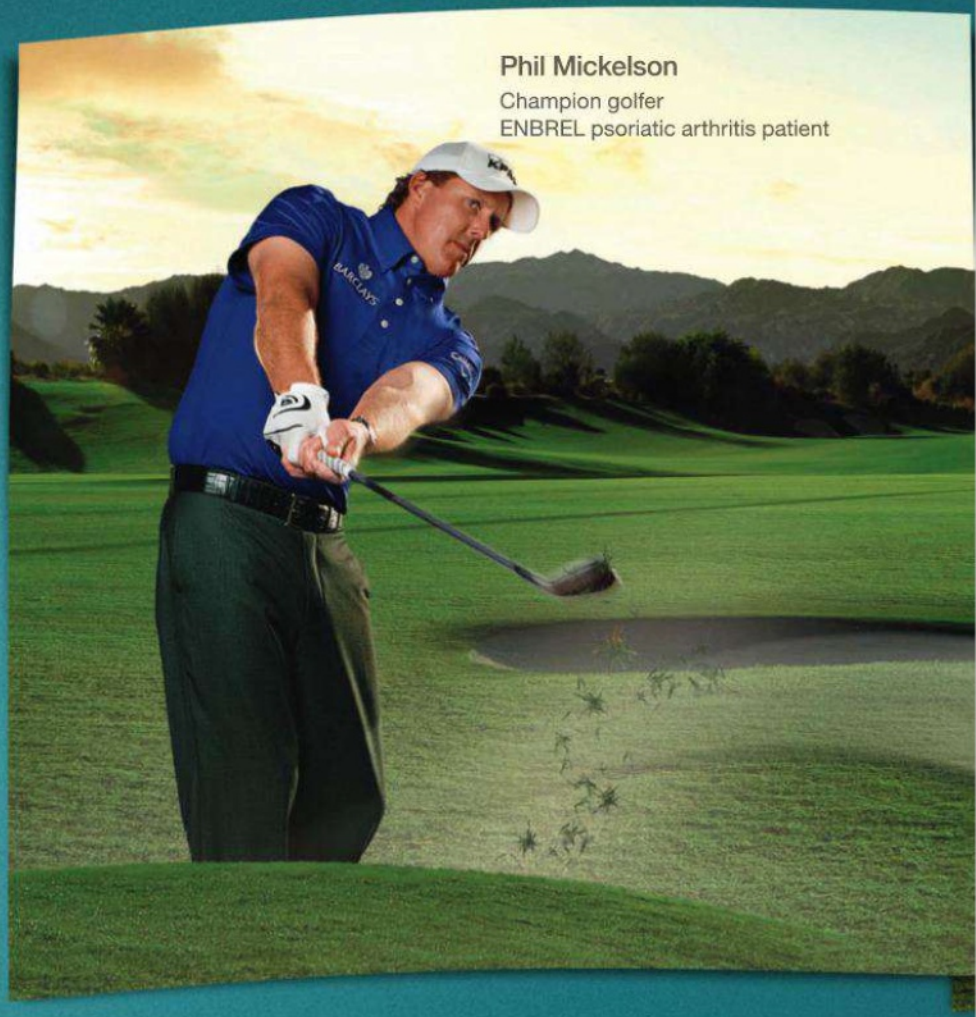
Nothing will ever be the same—it'll be *better*. "Before the storm, we argued about money and how to raise teenagers, but now that all seems so silly. We can never stay mad for long, because we know just how lucky we are to still have each other. That trumps everything."

Bad times are temporary. "Take one day at a time and try to show each other as much love as you can. Few people can say they cheated death—we did. It's formed this unbelievable bond between us, because who knows you better than the person you went through the storm with?"

FROM TOP: JIMMY MAY, COURTESY OF SUBJECTS.

If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

"Don't let joint pain keep you from



ENBREL is the #1 prescribed biologic by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.

the things that matter most."



Ask your rheumatologist if ENBREL may be right for you,
if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA. Call 1-888-4ENBREL or visit www.enbrel.com. Prescription ENBREL is taken by injection.

Enbrel® etanercept

These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying Medication Guide on the next page.

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Enbrel® etanercept

Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about Enbrel?"**)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

v5

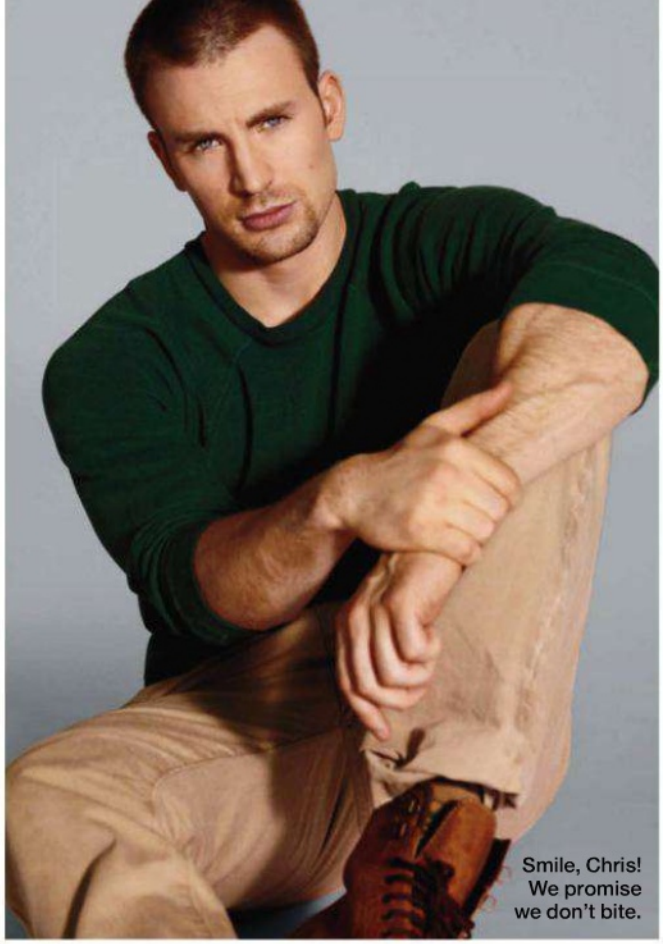
Issue Date: 10/2010

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Smile, Chris! We promise we don't bite.

Chris Evans wants you to ask him out

The *Captain America* star gets all "Aw, shucks" about making the first move. So sweet, so sexy.

You're starring in *Captain America: The First Avenger* this summer. Were you a comic book fan growing up?
Not at all, but now I wish I had been. It's such an intelligent medium—they have all these complex story lines. When I was a kid I was too busy watching *Looney Tunes*.

Were you into acting back then?
I did a lot of local theater. I even went to theater camp, if you want to talk about the kind of kid *I* was....

You didn't feel like the cool one growing up?
My friends gave me a lot of grief. They came to my shows, but heckled me the whole time.

But now look at you! What's been your biggest professional obstacle?
Staying out of my own head. It's a noisy place, and it's not going to do me any favors.

You almost didn't take this part because it would throw you into the spotlight in such a big way. How do you maintain normalcy?
One of my biggest fears is that my future kids won't be able to experience simple things like going to a ball game or to Disney World because my job complicates things, but it's more manageable when you're not in Los Angeles or New York. I live in Boston, and there I'm just a guy who happens to act in his free time.

So you don't get approached a lot?
I've managed to somehow fly under the radar. I think I look a lot worse in person than I do on film, so people don't recognize me. In real life, I'm actually a giant physical disappointment, which has worked in my favor.

I find that hard to believe.
I'm telling you the truth! I've had people talking to me, looking at my face, say, "You're not that guy. I've seen that guy. You're not him."

Do you prefer women to make the first move?
Yeah, I'm a little bit of a coward in that sense. It's always better in my opinion if the woman is willing to have some moxie. It certainly makes my job easier.

You gained 20 pounds of muscle for this film. What do you like to do to relax?
I just like not working out, really. It's very freeing when I wake up and there's no need to grab the iPod and the sneakers and take that horrible walk to the gym. What can I say? I'm a simple guy with simple pleasures.

Speaking of, this is our guilty-pleasures issue. Got a guilty pleasure?
America's Funniest Home Videos. I have giant belly laughs watching little kids fall down. If you put a kid in a giant winter coat, something good is going to happen. —BRITTANY BURKE

CHRIS AT A GLANCE

COMFORT FOOD:
SKITTLES
"I branch into Tropical or Wild Berry if I'm feeling sassy."



FIRST CELEB CRUSH:
SANDRA BULLOCK
"I fell for her in *Speed*."



FAVORITE TEAM:
PATRIOTS
"Unfortunately, I'm always filming during football season."



FROM TOP: CARTER SMITH, CHRIS ECKERT/STUDIO D, 20TH CENTURY FOX/NEAL PETERS COLLECTION, GETTY IMAGES.

What he secretly doesn't want in bed

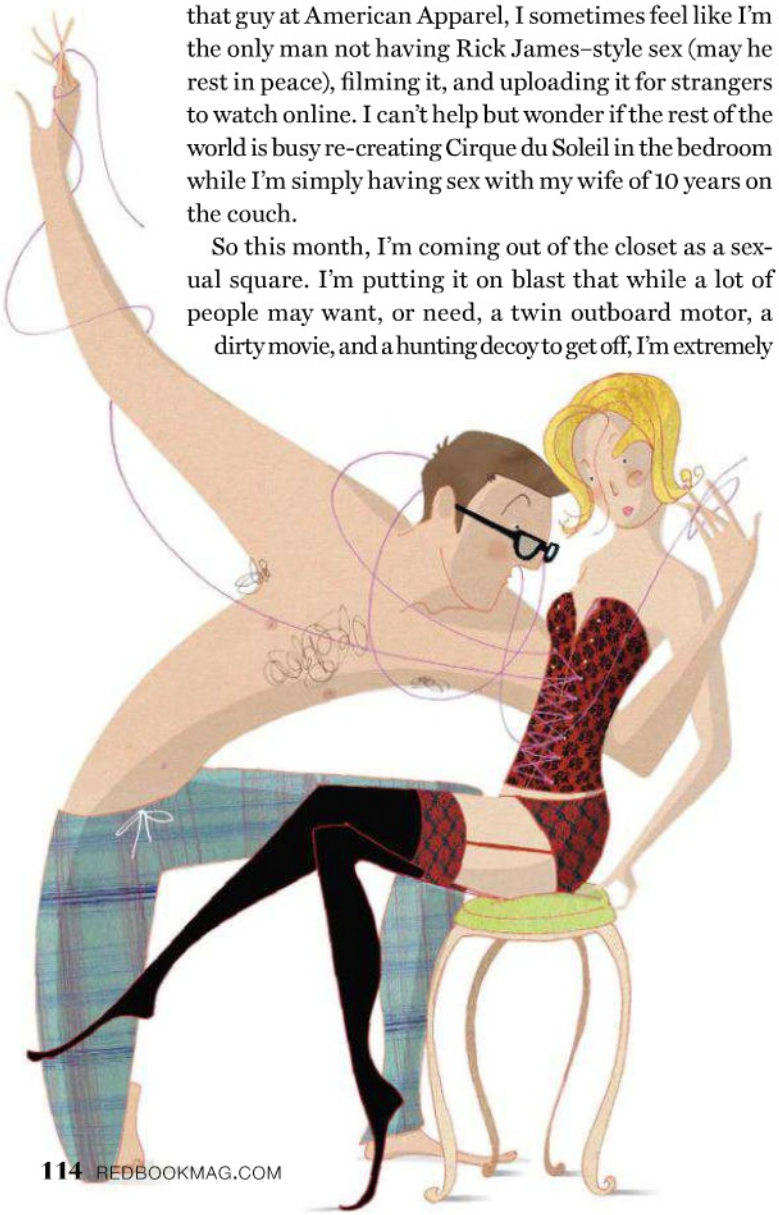
Cancel the pole-dancing lessons and compost the edible underwear. If your guy's anything like Aaron Traister, all he wants tonight is a sweet, sexy helping of you.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

I feel like everywhere I turn, someone's telling me that my sex life isn't exciting enough. From the oversharing nature of social media to hypersexual ads for places like American Apparel to the onslaught of sex scandals involving politicians, celebrities, and that guy at American Apparel, I sometimes feel like I'm the only man not having Rick James–style sex (may he rest in peace), filming it, and uploading it for strangers to watch online. I can't help but wonder if the rest of the world is busy re-creating Cirque du Soleil in the bedroom while I'm simply having sex with my wife of 10 years on the couch.

So this month, I'm coming out of the closet as a sexual square. I'm putting it on blast that while a lot of people may want, or need, a twin outboard motor, a dirty movie, and a hunting decoy to get off, I'm extremely satisfied with Karel and some reasonably clean sheets. Maybe I verge a little toward vanilla—no banana, no jimmies, no cherry, no whipped cream—but I am not alone. Here are some common toppings a lot of women think guys want on their sex, but most of us can happily do without:



1. Aggressively sexy lingerie. Don't get me wrong, I'm all for sexy clothes, but sometimes lingerie goes too far. Formfitting and revealing is awesome—so much better than manky old sweats. But I don't need elaborate Rorschach tests of lace patterning, and I don't want snaps, zippers, triggers, and stuff you're supposed to eat. A good rule of thumb is that if your husband starts cursing or cuts his finger trying to get your bra off, things have crossed a line from sexy to vexing.

2. Role-playing. I know that every women's magazine on the planet tries to sell it as a way to "heat things up in the bedroom," but nothing could cool things down more quickly in my house. I'm not pretending to be a pizza man, a merchant marine, a European football star, or an evil clown. It feels ridiculous, and it's hard to get in the mood when you feel ridiculous.

3. Watching porn during sex. I've blogged about porn occasionally for redbookmag.com, and each time, I've noticed in the comments that a lot of women admit to watching porn with their significant other while having sex. I'd be lying if I said Karel and I have never tried this, but for me it sorta ruins the moment. It's distracting. I like being totally focused on the woman I'm with. When I'm having real-world sex, pornography becomes the equivalent of a Garden Weasel infomercial: vaguely interesting, but mostly irritating.

4. Making homemade porn. I like the idea of the finished product, but the reality of making that product seems overly complicated to me. It's a lot of

ILLUSTRATION BY NATHALIE DION. TRAISTER: BRIAN KENNEDY.

equipment to hold. Sure, I could use a stationary camera, but crappy cinematography really bothers me. Also, I get a little obsessive about creative projects. I can imagine myself trying to be the Terrence Malick of homemade porn: "Karel, we're going to lose our light if we can't do this in one take. Now let's go over our marks again. Remember, I'm starting with a tight shot on the grasshopper in your hand. We need the grasshopper for the metaphor I'm trying to make; otherwise the entire picture won't make any sense. Also, the script calls for your boobs to have an 'extraterrestrial sheen' on them. Can you figure out how to make that happen? Finally, we're $50,000 over budget—just something to think about as we work."

5. The A word. Some guys want "all access" to various parts of the body—okay, one particular part—during sex. If this works for you and your partner, mazel tov! But I actually find it unpleasant, and I can only imagine how it feels to *you*. I'm going to leave it at that.

6. Threesomes. I know, I know. They're every man's fantasy. But not mine. First of all, I'm a terrible multitasker. Sure, I can cook my family dinner and blog at the same time, but it doesn't mean the blog will be in English or that dinner will be edible. Second, I have the attention span of hamster. Put too many toys in my cage and I'll start nipping fingers with my pointy little teeth and burrowing under the bedding for safety.

7. Bondage. One of my first sexual experiences involved being handcuffed by a lovely young woman who went on to become a neurosurgeon. It felt forced, like we were doing it just because it was "kinky." That's less like sex and more like performance art. Also, I kept my socks on, which was awkward. If I'm ever handcuffed to a bed again, I hope someone takes my socks off before the action starts. But listen, if handcuffs make you breathe heavily, by all means, whip them out. Your guy will probably play right along, because anything "extra" that authentically turns you on is a turn-on for him, too. Do what you love; just don't force it. Your man might happily swap the stilettos and garter belt you bust out on special occasions for a lo-fi evening under the covers with you... followed by a large banana split.

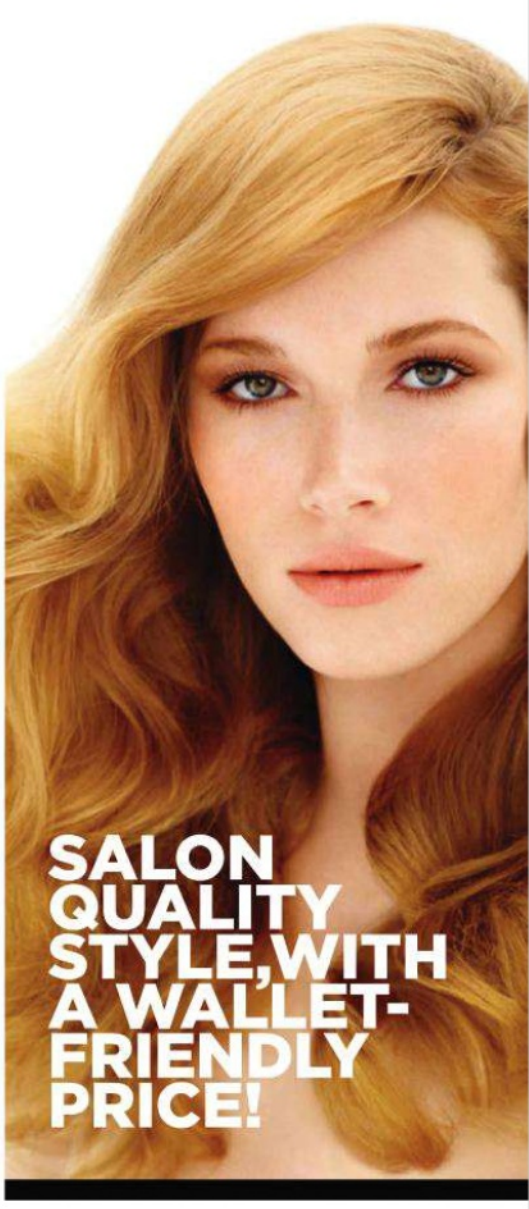
If your husband starts cursing or cuts his finger trying to get your bra off, things have gone from sexy to vexing.

Straight answer from the Whys Guy

Dear Whys Guy: My husband says he loves my big, pregnant belly. He thinks it's sexy. Is he just being nice? Or is there really something sort of hot about a pregnant woman? —Sally, NY

Dear Sally: I thought my wife, Karel, was supersexy when she was pregnant with both of our kids. We actually took cheesecake photos (sort of as a joke, sort of not—*ahem*) at the hospital before her C-section for our daughter, Josie. The combination of round, smooth, and fertile is an age-old male turn-on—remember the *Venus of Willendorf*, that bodacious statue from art history class? She was the prehistoric Angelina Jolie, an unattainable ideal of beauty and sexuality. So no worries: Your dude is just keeping it real like Early Man. You've discovered that he's a Neanderthal like me, and that's not such a bad thing.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.





SEE WHAT OUR CUSTOMERS HAVE TO SAY:

"I have used this hairspray for many years now, haven't found any other brand that works better. It is also very reasonably priced compared to other salon brands."

--JENNY, VIRGINIA

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$1.00 OFF

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SALON GRAFIX®

Memo to family and friends: Your days of obnoxious behavior are numbered. Karen Karbo is in the house.



Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel.*

We can't support his whole family!

My mother-in-law lives with us. She gets enough Social Security money to cover her bills, but my husband's brother often calls asking for cash and she gladly hands it over. And then we have to foot her expenses! She agrees to stop but then caves when he calls. How do we let the two of them know we're serious? —K.L., PENNSYLVANIA

As long as your mother-in-law keeps bailing her son out, he'll never change. It's time to lay down the law with both of them—but make it about *your* financial situation, not theirs. First, you and your husband need to draw up a household budget that makes note of everywhere your money goes. Once that's done, call a family meeting with your mother and brother-in-law. Tell them you've crunched the numbers and simply can't afford to cover the two of them anymore. You could even show them your budget. Explain that if your MIL continues the handouts, she will just have to fall behind on her own bills—you're done picking up the slack.

He never lifts a finger

My boyfriend and I have been together for 11 years and have a 6-year-old boy. He stays at home with our son and I work. My problem is that he refuses to step up to the plate of being a stay-at-home dad. When I say that I expect him to do all the things a stay-at-home mom does (cook, clean, grocery shop, take our son to and from school, help him with his homework), he gets upset. Why should I continue to support him if he refuses to do his part? —S.T., 45, CALIFORNIA

I understand your frustration. It only seems fair that since you bring home the bacon, you shouldn't also have to fry it up. But it sounds a bit like because you work, you believe he should do *everything* else. If you were the stay-at-home parent, wouldn't you still expect him to pitch in around the house a bit? Instead of making demands, ask him what he thinks is a fair division of labor. Maybe even create a list of weekly chores and then sit down together and decide who does what. And involve your son: He's definitely not too young to put away his toys or help clear the table. The point is, you're a family, and you're all in this together. The more you're able to communicate this through word and deed, the more likely your man will rise to the occasion—without feeling like you pushed him into it.

I'm sick of being ogled at the office

I am friendly with a man at work, but he always stares at my chest when we talk. I have mentioned it to him several times and he shrugs it off, saying he was looking at a necklace, the pattern on my shirt, etc. He's making me crazy! —S.B., 35, PENNSYLVANIA

I reached out to the Society for Human Resource Management for a little clarity on your situation. What I found out: He may not be your boss, but this *is* sexual harassment—and if he does this to you, he likely treats other women the same way. Tell him if he doesn't stop, you'll report him to HR. Then, if he keeps ogling you, follow through. You'll be doing the right thing.

My friend is a cheater

My husband and I are friends with three other couples. Recently, one of the women confessed that she cheated on her husband, and we all feel so betrayed—especially because she has always harshly judged other people's affairs. Now she's distancing herself from us, turning down invites, not answering calls. How can we continue this friendship? —A.D., 37, KENTUCKY

To rebuild this or any friendship, honesty is key. But before you confront this friend, you need to dig deeper into your own feelings about it all. You use the word *betrayed*. She obviously betrayed her husband's trust, but how did she betray you, personally? Are your feelings hurt that she didn't clue you in about what was going on? Are you upset that she's forever changed the group's easygoing dynamic? Figure out what's bugging you before you make the call (or send the email, if that's the only way to reach her)—and then tell her how you feel. By sharing that, and the fact that you still care, you'll help create an honest foundation from which to start again.

Do *you* need life advice?

Send questions about friends, family, men, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

TARA DONNE.


I can
enjoy my vitamins
"I love all my gummy vitamins. They're so delicious. I look forward to taking them as my afternoon treat."
-Kim
vitafusion
MultiVites
200% Vitamin D
Gummy Vitamins
Essential Daily Formula
Try Vitafusion® MultiVites® for daily support and enjoy our Omega 3 and Calcium swirls. You'll love the natural flavors and colors. It's time to enjoy your vitamins.
Look for the whole Vitafusion supplement line at fine retailers.
vitafusion
Calcium
500 mg
Gummy Vitamins
for Adults
natural colors & flavors
creamy swirled fruit
Bone Support with Vitamin D*
vitafusion
Omega 3
EPA/DHA
Gummy Vitamins
for Adults
natural colors & flavors
lemon, berry, cherry
Excellent Source of Omega-3 EPA&DHA*
enjoy your vitamins™
vitafusion®
nnpvitamins.com
We loved hearing from Kim. Tell us what you think.



Somehow we don't think this mom is in the depths of despair.

The amazing upside of being a mom

Hey, researchers, why do you keep asking moms if they're happy? We've seen the endless studies: A recent one out of Norway found that moms' satisfaction with life peaked when their children reached 6 months old—then plummeted from there. Another study, based on the National Survey of Families and Households, found that parents across the board are more depressed than their childless friends. We wondered: Do researchers ever ask about the hilarious, heart-soaring moments that make the rest worthwhile? Well, we did, and here's what moms told us.

▸ "My two kids and I had had a long day, and after bedtime I poured myself a glass of wine. But before I could take a sip, my 18-month-old son started to cry. I was about to head upstairs when I heard my 3-year-old daughter say, 'It's okay, Luca. Just close your eyes, it's okay....' Then she started singing him a lullaby. I wanted to give them the biggest hug. And once she started singing, he stopped crying and fell asleep!" —SARAH GEIGER, 32, BROOKLYN, NY

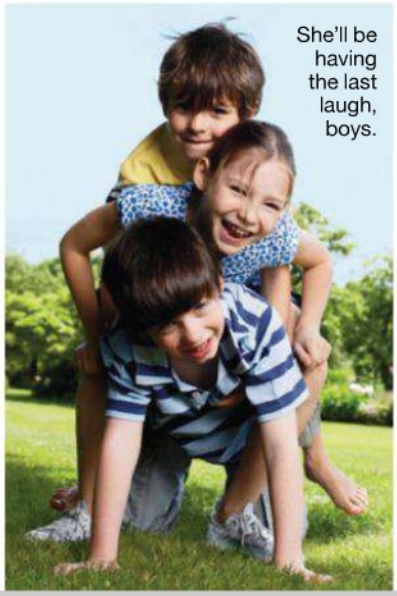
▸ "I sometimes put notes in my 7-year-old twins' lunchboxes to surprise them—'Have a good day!' or 'Love you!' They never comment, so I'd assumed they just tossed them out with the crusts. But then, during a stressful time at work, I found a note in *my* lunch bag. It read, 'Mommy, I hope you have a great time at work! Love, Norah.' I melted. Now, whenever I'm overwhelmed, I look at it and smile." —HEIDI ADAMS, 43, AUSTIN, TX

▸ "My 4-year-old still wets the bed sometimes. It happened the other night at 3 a.m., and after I got him into dry clothes, I put him in my bed so he wouldn't wake up his brother. My typically non-cuddly boy wrapped his arms and legs around me and said, 'I love you, Mommy, with all my heart.' Which was good to know, since a few hours later he peed in my bed too!" —CHRISTINA COPLEY, 33, NASHVILLE

▸ "I recently went on a much-needed girls' weekend and left my two teenagers with my husband. When I called from the airport on my way home, my 15-year-old daughter picked up but told me she couldn't talk. I thought she was being her usual moody teenage self, but then she said, 'I have a sink full of dishes to get through and three loads of laundry to do. I don't want you to have to come home to this.' I couldn't believe my ears. I actually got a little choked up... over laundry." —BETH COHEN, 41, GLEN COVE, NY

BEING THE MIDDLE KID IS ACTUALLY **GREAT**

It's true: Middle children tend to have less of their parents' attention. But that can be a *good* thing, says Catherine Salmon, Ph.D., coauthor (with Katrin Schumann) of the new book *The Secret Power of Middle Children*. "Because middle children don't get the expectation often heaped on first-borns," she says, "they're more likely to settle into activities and careers that truly suit them." Middles are also better at seeing everyone's point of view, so they're great negotiators and are more likely to have happier marriages than first or last borns. *And* they're less likely to need therapy. In short, it's awesome in the middle.



She'll be having the last laugh, boys.

FROM TOP: JACQUELINE VEISSID/GETTY IMAGES; TIM HALL/GETTY IMAGES.



"I've been taking an antidepressant, but my depression was still creeping up on me."

If you've been on an antidepressant for at least 6 weeks and are still struggling with depression, having ABILIFY added to your antidepressant may help with unresolved symptoms in as early as 1-2 weeks.*

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Important Safety Information

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the additional Important Safety Information about ABILIFY on the adjacent page.

Ask your doctor about the option of adding ABILIFY.

ABILIFY® (aripiprazole)
2 mg, 5 mg Tablet

FREE trial offer†

FreetrialofferABILIFY.com
1-877-920-1957

*Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

†Restrictions apply.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org
Partnership for Prescription Assistance

Bristol-Myers Squibb
Otsuka Otsuka America Pharmaceutical, Inc.

570US11AB10601 April 2011 0311A-0268

IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

ABILIFY® (ə BIL ĭ fī) **(aripiprazole)** **℞ ONLY**

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

- **Increased risk of death in elderly patients with dementia-related psychosis:**
  Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.
- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**
  Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

  How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
  - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
  - Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
  - Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used to treat:

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

The symptoms of major depressive disorder (MDD) include feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMELT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

Tell your healthcare provider about all the medicines that you take or recently have taken, including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
  - Stay out of the sun. Do not wear too much or heavy clothing.
  - Drink plenty of water.

What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.
- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.

  Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:
  - feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.
- **Difficulty swallowing:** may lead to aspiration and choking.
- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.
- **Low white blood cell count**
- **Seizures (convulsions)**

Common side effects with ABILIFY in adults include nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about ABILIFY

- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.
- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit www.abilify.com.

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The real lives of NASCAR® wives

They're fast, fabulous, and occasionally furious: Meet the women who live in America's fanciest parking lot. By Caitlin Moscatello



Beauty queen and newly minted wife Samantha Busch, right in her element.

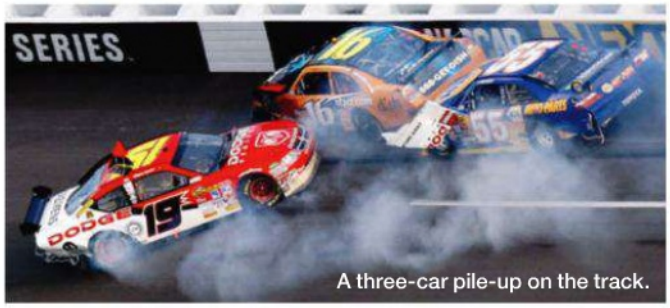
PHOTOGRAPHED BY BEN BAKER. HAIR AND MAKEUP: PATTI NELSON FOR THE ARTIST AGENCY. LOGO: COURTESY OF NASCAR.

Samantha Busch pulls off her Prada heels, adjusts the top of her strapless jumpsuit, and climbs a narrow metal ladder. A cluster of NASCAR fans tilt their cameras upward to snap pictures of her teetering to the top of the hauler—a massive truck that houses her husband Kyle Busch's spare race car and his crew. Samantha slips her shoes back on as a wave of smoke from burgers grilling below wafts into her face. "I feel like I'm going to fall over," she says, clutching a metal bar for support, "but this is *so fun!*"

Behind her, Kyle's car zips around the track, along with 42 other drivers' at the Richmond International Raceway in Virginia, churning up a deafening buzz. It's only a practice run; this time tomorrow, 90,000 fans will pile into the metal bleachers for race number nine (out of 36) in NASCAR's Sprint Cup Series. The crowd for this single, not-so-special race will rival the one that attended the last Super Bowl, and that's typical. NASCAR boasts more of the top-attended sporting events than any other sports league in the country, and 100 million viewers follow along on TV.

Samantha looks out onto the track for a moment, and then turns back and fluffs her hair. When REDBOOK's photographer asks her to smile, she lights up like a natural—because she is. Now 25, she met Kyle four years ago when she was working as a model at a track in Indiana, her home state. The two got married this past New Year's Eve, with a bejeweled dress custom-made in Dubai for Samantha, a five-foot-tall cake, and a camera crew from the Style Network trailing behind.

Word gets out that Samantha's on the hauler, and some



A three-car pile-up on the track.

of the other drivers' wives start sending each other eye-rolling texts about the spectacle. Forget that they, too, were once new to The Pit—the infield of the track, where the cars, haulers, and drivers' motor coaches are parked. Samantha is perky, with perfect makeup and cleavage that can't possibly be real. (She's not shy about the boob job: "Oh, come on," she says. "I think a blind man would know that.") For Samantha, one of the youngest of what fans call WAGs (wives and girlfriends), life on the road is fresh and sparkly, kind of like the eyeball-size diamond on her finger. "We're a traveling circus 10 months out of the year," she cheerfully notes. "It's one big family."

And that exactly pinpoints the weirdness of life as a NASCAR wife: For about 40 weekends each season, they live in the world's ritziest RV park. The drivers, thanks to winnings and deals with their sponsors, rake in serious cash—in 2010, *Forbes* reported that Kyle Busch earned $13 million, while the best known drivers, like Jeff Gordon, can net double that—but for three days out of any race week, they park their motor homes in a gated lot, spitting distance from one another. The rest of the time, most of them reside in and around Mooresville, NC, a lush but sleepy suburb of Charlotte, full of stone mansions with long driveways and kidney-shaped pools out back. It's beautiful, but it's a company town—small-town living at its painfully smallest.

While some of the wives consider themselves friends, they're not exactly reenacting *Steel Magnolias* in The Pit. "How can you be friends with someone when you hate her husband?" asks Connie Montoya, 33, wife of driver Juan Pablo Montoya. NASCAR operates on a points system, meaning that every race can change a driver's rank and move him closer to (or further away from) the finals. Come fall, only the top 12 out of the 43 drivers make it to "the Chase," NASCAR's version of the World Series. It's every man for himself; even drivers who race for the same team or owner have separate sponsors. For the wives, this means your husband has to beat your friend's husband in order to succeed at his job.

The closeness and competition would fray any woman's nerves, but the drivers' wives had better not let it show: Women make

"How can you be **friends** with someone if you **hate** her husband?"

up about 40 percent of NASCAR's followers, and with no female drivers in the Cup series, the WAGs are the next best thing. They're expected to be a perfect and perfectly manicured partner, glad-handing sponsors and smiling for fans who pay big bucks to wander The Pit, even as their husbands rev their engines and prepare to take curves at 180 miles an hour.

Samantha basks in all the attention. But ask Nicole Biffle, 35, the wife of driver Greg Biffle, about it, and she practically recoils. "This is my husband's job," she says. "We get to live a fantastic life, but it's not about me. It's about him." Even today, as a stylist does her makeup for a REDBOOK photo shoot, Nicole looks a mix of annoyed and amused. "The last time I had my makeup done was my wedding, and before that, prom," she says. "I bet Samantha was used to this, huh? But it's just not my thing."

Nicole's sitting on the couch in her sparkling motor coach, complete with marble floors in the kitchen, creamy leather upholstery, and a built-in floor-to-ceiling wine rack that looks like something you'd find in a high-priced Vegas bar. But if the interior telegraphs five-star luxury, the scene outside any driver's motor home is plain ol' parking lot. White lines on the asphalt take the place of picket fences, dogs sleep in the shade, and when the garbage starts to smell, the wives lug it out to the communal trash cans. Today, Greg sits outdoors on a folding chair, watching a flat-screen TV (which is, somewhat amazingly, installed on the *outside* of their motor home), as relaxed as a suburban dad in his backyard.


The low-key (and adorably pregnant) Nicole Biffle.

Nicole and Greg met when she was in college. She wasn't exactly wowed by his status as a race truck driver (the minor leagues of racing) but dated him anyway. They married in 2007, and their first child is due in July. "I just hope I have the baby on a Tuesday, because Greg will be racing that Saturday," says Nicole, touching her belly. "And I don't know what I'll do if she's colicky, because there's not a lot of room in here and Greg needs his sleep before a race."

Nicole studied to be an elementary school teacher, but once she and Greg got

TOP: GETTY IMAGES. BIFFLE: PHOTOGRAPHED BY BEN BAKER. HAIR AND MAKEUP: PATTI NELSON FOR THE ARTIST AGENCY.

serious, she hit the road with NASCAR. "It was the only way I would see him," she says. Since then, she has focused her energy on the Greg Biffle Foundation, which gives grants to no-kill animal shelters nationwide. She's passionate about the charity, but admits, "It gives me something to do." Similarly, Samantha works for the Kyle Busch Foundation, helping raise money for children's homes across the country, while she takes online classes for a master's degree in industrial-organizational psychology. She plans to use it to help manage employees of Kyle Busch Motorsports. "It doesn't make sense to work for another company. Kyle's schedule is what our life revolves around," she explains.

DeLana Harvick, 38, the wife of driver Kevin Harvick, is more involved than most: She recently received *The Business Journal*'s Women in Business award as co-owner of Kevin Harvick Inc., which races teams in all levels of NASCAR. She's as busy as her husband, which is part of the reason they haven't had children—not now, while Kevin is essentially unavailable for a big chunk of the week. "I'm *not* doing it alone," she says.

DeLana isn't considered Miss Congeniality among the wives, or, really, anyone else. "I'm portrayed as opinionated and harsh, and I can be," she says from the back of Kevin's hauler, brushing aside her sheet of yellow-blonde hair. She's not one to be messed with, although she seems to enjoy it when somebody does. Last year, driver Joey Logano made a post-race dig at Kevin, saying, "His wife wears the firesuit in the family." It's true, in a literal sense: Unlike the other wives, who sit in Pit Row dressed up in pretty blouses and heels, DeLana wears the same bright coverall as Kevin's crew. The very next day, DeLana unzipped it to reveal a T-shirt that said, I WEAR THE FIRESUIT IN THIS FAMILY, and had thousands more printed. Proceeds benefit the Kevin Harvick Foundation, which helps high-risk kids and gives out scholarships to young athletes. To date, the tees have raised over $30,000.

DeLana grew up in racing—her father was a driver—and has a particularly clear view of the downsides of NASCAR life. For one, there's the physical danger. Kevin was in the minor leagues until 2001, when he was selected by his team to take Dale Earnhardt's spot in the Cup series, after the legendary driver died in a crash at the Daytona 500. Since then, modifications to the cars have made them safer, but the risk persists. "I'm not going to tell you that certain tracks don't make me nervous," DeLana says, mentioning the famously dangerous loop at Talladega. "But I just have to be calm and know that he's as safe as he can be."

"You can't spend every weekend saying, 'Is my husband going to die today?'" says Connie Montoya. Some of the most dramatic moments in a race are when drivers purposefully bump each other—to get out of the way, or as payback for an earlier incident. There's nothing like road rage at nearly 200 miles per hour, and the fans love it—although not as much as they love a wreck. "The fans will say it was a bad race if nobody crashes," says Connie. "It's like, 'Oh, that was boring,' and I'm like, 'What do you mean, *boring*?'"

Connie's at home in the couple's gleaming high-rise waterfront condo in Miami, lounging on a white sofa as Juan putters around barefoot and maids in white aprons refill her whiskey-spiked iced tea. Of course, she says, when her husband gets hit, he hits back. "Juan's known for it, and he's not going to change. He's one of the best drivers in the world," she says, a sexy accent rolling off her tongue: Both she and Juan are from Colombia. His aggressive driving is the source of much fan grumbling, but one wonders if any of the backlash has to do with the fact that he's one of only two international drivers in the Sprint Cup series—and the only minority. "It's difficult. Fans like people they can relate to," Connie admits. In some respects, though, the couple are outsiders by choice, living in Miami instead of Mooresville, Connie foregoing most races to stay home with her kids, Sebastian, 6, Paulina, 4, and Manuela, 1. When asked if she'd ever have any of the other wives over for dinner should they come to town, she wrinkles her nose. "I guess I'm the antisocial one," she says, although her bubbly personality suggests otherwise.



Connie Montoya with baby Manuela in Miami; below, with Juan Pablo and the kids at the track.



Connie was in law school when she and Juan met 10 years ago; they married in 2002, and now she too spends much of her free time working for their foundation. It's called Formula Smiles, and helps children in Colombia stay away from drugs and violence, providing activities and funding recreational teams. She's perhaps best known, however, for her knockout looks: *Sporting News*

MONTOYA: PHOTOGRAPHED BY JEFFERY SALTER. FAMILY: ACTION SPORTS PHOTOGRAPHY.

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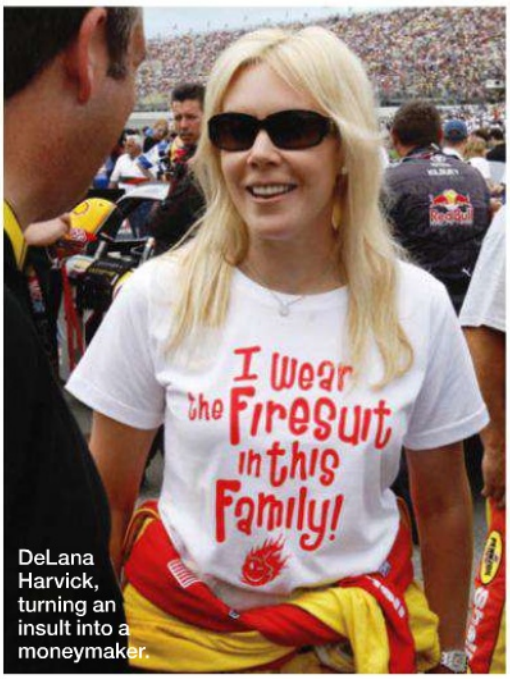


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DeLana Harvick, turning an insult into a moneymaker.

named Connie one of its 60 Most Beautiful People in 2009. "It's flattering," she says. "I show Juan. I say, 'See? *See*?'"

Of course, a smokin' wife doesn't ward off the Pit lizards—women in tank tops and cheek-baring cutoffs who trawl the infield, looking to score with drivers. The wives say they're easy to spot since NASCAR relaxed the dress code, which used to forbid shorts and skirts. "But I don't think about it," Connie says with a shrug. Flirting fans don't faze DeLana much either: "Kevin and I have always been a package deal. For the most part, the fans are respectful of that." There's little scandal in NASCAR. Rare is the driver divorce. But more than one insider admits—anonymously, of course—that affairs happen. The reason nobody hears about them, they say, is because measures are taken to keep what happens in The Pit quiet. The last thing a sponsor wants is for a mom to buy her kid a Kevin Harvick or Kyle Busch T-shirt and then, after a Brett Favre–esque sex scandal, have to explain why it's gone from his dresser drawer.

And anyway, a lizard might be surprised by the reality of being a NASCAR wife. "I would imagine one of these girls saying, 'We're going to Las Vegas to party all weekend,'" Connie snorts. "But it's not like that. You sleep in the motor coach. There's no party. But if they want to watch my three kids, sure, go ahead." On any given race day, you'll find Samantha running around her trailer, brandishing a chicken breast, trying to see if someone can bring it to Kyle for lunch. (She grocery shops at Target.) "We have to get a week's worth of chores and errands done in three or four days," says Nicole, who, like DeLana, makes the point that they do their own laundry.

Back at the race in Richmond, Nicole climbs up the ladder to the top of the pit box—a mini makeshift repair station—looking matter-of-fact with her big baby bump and high heels. She says she has calmed way down from her days as Greg's girlfriend, when she once stormed over to Eva Bryan and screamed in her face after Eva's then-fiancé Kurt Busch bumped Greg's car. ("I'm glad she didn't do that to *me* or I would have punched her in the mouth," notes DeLana.) Now, Nicole takes a seat next to Greg's crew chief, calmly texting some of the wives she's friends with as their guys attempt to pass each other. Her expression doesn't change as Greg slides from 14th place to the top 10 and back again. She stands up only when he pulls into pit road, peering down as his crew switches tires in a perfectly choreographed, seconds-long dance.

Several pit boxes down, Samantha sits watching the race with the Mars family, which sponsors her husband (hence his bright blue Pretzel M&M's car). As Kyle turns into the last lap, she stands and cheers. Then his car whizzes across the line first. It's his 21st Cup series win, and Samantha's a pro at this by now: She greets the photographers in her tight jeans, stiletto boots, and leather jacket, making a point to flash not her diamond but a costume ring decorated with plastic M&M's. Then she trots to Victory Lane. She's waiting along with his crew and sponsors when Kyle pulls himself from his car to cheers and camera flashes. After a while, he lowers his arms from the victory "V" he's been holding in the air and puts one around Samantha, who has settled an M&M's baseball cap on her long, dark hair. They turn and kiss, and there's a feeling in the air that everything is as it should be, thanks to the prom king and queen (for the week, at least) of this exclusive class, fast cars and burning rubber all around them.

GETTY IMAGES FOR NASCAR.



Rice Krispies Dipper Treats™

Ingredients:

- 3 tbsp. butter or margarine
- 1 10-oz. package regular marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal or Kellogg's® Cocoa Krispies® cereal
- 18 wooden ice cream sticks
- 1 1/2 cups semisweet or white chocolate morsels
- 1 tbsp. vegetable oil
- Multicolored sprinkles (optional)

Directions:



1. In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add *Kellogg's® Rice Krispies®* cereal. Stir until well coated.



2. Using buttered spatula or wax paper, press mixture into 13x9x2-inch pan coated with cooking spray. Cool. Cut into eighteen 3x2-inch bars. Push one stick into the bottom of each bar.



3. In small microwave-safe bowl, combine chocolate and oil. Microwave on high for 1 to 1 1/2 minutes, stirring every 30 seconds. Dip bars into chocolate and decorate as you like. Place on wax paper. Refrigerate until chocolate is set. Serving size is 1 bar.

For more recipes and nutrition information, visit ricekrispies.com.

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Dr. Drew, interviewed by his triplets, Jordan, Paulina, & Douglas, 18



To you, he's a comforting shrink. To his kids, he's a big, funny nerd.

Douglas: Were you ever teased in high school? And if you were, what did they call you?

Dr. Drew: I was in the fourth grade and I was not very socially skilled... [*Kids laugh.*] This guy Matt had the locker next to mine, and he called me Trotsky. A 9-year-old calling me Trotsky! I looked it up, but I didn't really know what it meant until I got to college.

Paulina: I'm not sure exactly who he is.

Dr. Drew: He was a famous Communist. [*Kids crack up again.*]

Jordan: What was the first concert you ever went to?

Dr. Drew: To be honest, I never really liked going to concerts. I don't like big crowds and a lot of noise. But let's see, my first concert was Elton John in 1973.

Paulina: You really missed all that great music in the '70s because it was too loud and crowded?

Dr. Drew: I went to a few—Loggins & Messina, Cat Stevens, and even the Grateful Dead.

Douglas: What superhero would you want to be?

Paulina: He's probably going to say Abe Lincoln.

Dr. Drew: Mr. Incredible. He's funny and very strong.

Paulina: If you could meet any influential figure, who would it be? Now we can let him go off on Abe Lincoln.

Dr. Drew: Probably Abe Lincoln, although Alexander Hamilton would be right up there.

Jordan: What would you say is your biggest success?

Dr. Drew: Actually, you guys are. —ADAPTED BY LORI BERGER



Catch the good doctor on VH1's *Celebrity Rehab With Dr. Drew*, and in September on *Dr. Drew's Lifechangers*, on The CW.

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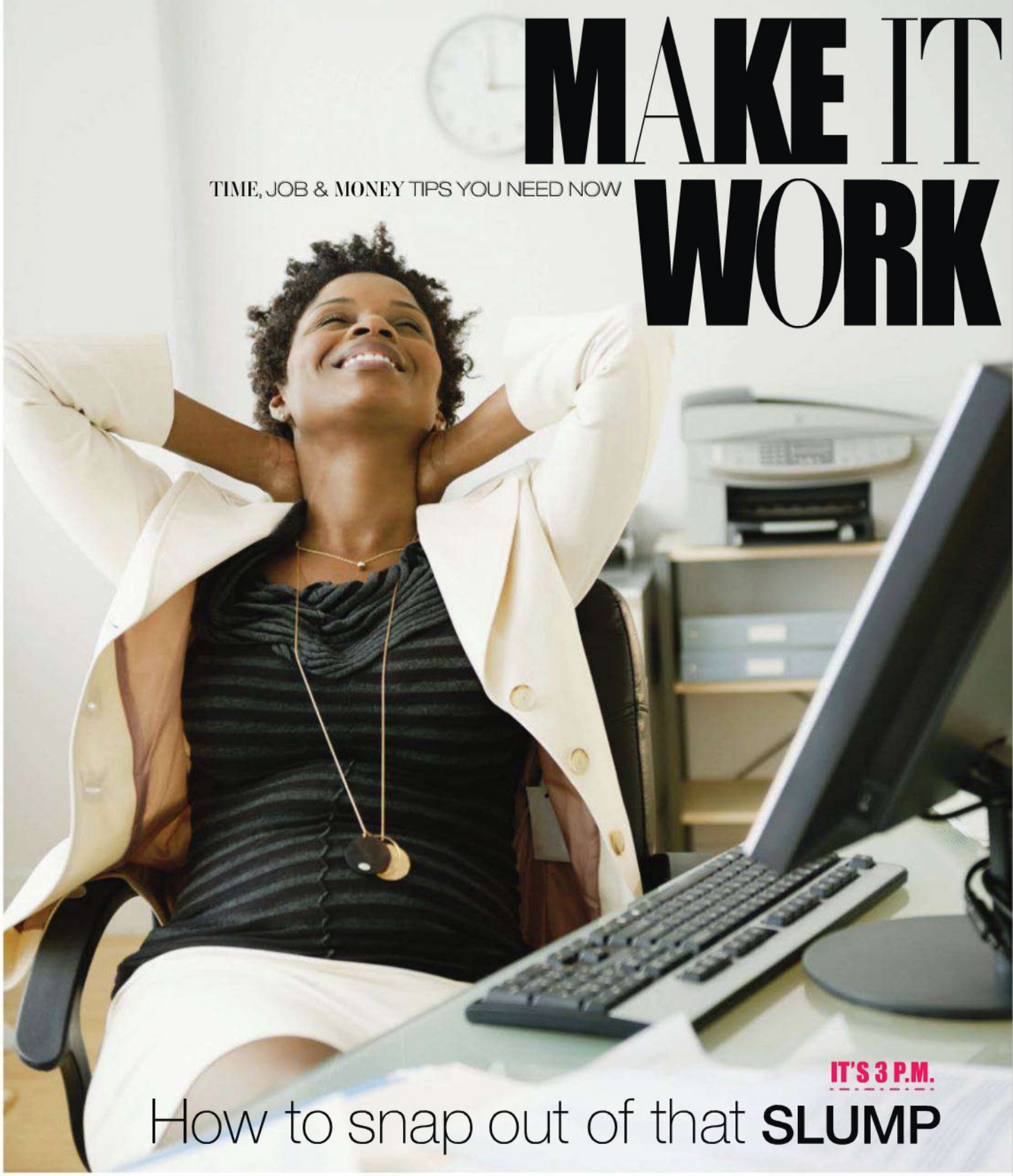
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How to snap out of that **SLUMP**

● **Sip smarter.** "Dehydration causes fatigue and fuzzy thinking," says Kimberly Kingsley, author of *The Energy Cure*. The fix: Fill a two-liter water bottle in the a.m. and sip it all day. Also, kick your afternoon iced-mochaccino habit to avoid a sugar crash—try a small McDonald's McCafé Iced Nonfat Latte (50 calories) or a small Dunkin' Donuts Iced Hazelnut Coffee (20 calories).

● **Rock out.** You know the high you get from belting Lady Gaga in the shower? That's your adrenaline, says Jim Karas, author of *The 7 Day Energy Surge*. Replicate that rush by cranking the volume on your iPod when you start to fade, then up the ante by taking a quick walk: A Belgian study found that 20 minutes of bright light increased alertness and performance.

● **Cheer yourself up.** The stress hormone cortisol can make you sluggish, Kingsley says. An antidote? Positive thoughts. "Call a friend for a five-minute chat," she says. Just don't make it a venting session about a meeting that dragged on longer than Vietnam. Or bookmark gimundo.com and read about people doing good things all around the world. —NICOLE YORIO

JGI/JAMIE GRILL/GETTY IMAGES.



Split leftovers, instead of a bill.

"MY MONEY M.O."

Jessica Graves, 37, is still recovering financially from her divorce, but that hasn't stopped her from helping her kids thrive as superstar athletes.



I work full-time as a health-care manager at an eye-care clinic in Cincinnati, and for months out of the year I spend most weekends on the road for my daughter Savannah's Junior Olympic volleyball tournaments. It can be a strain on my finances, but I don't want her to give it up—she's so good! Her younger sister, Gabrielle, is learning to play too. Thanks to creative saving, we still have fun on a tight budget.

FINANCIAL 411

- After-tax household income: **$65,000**
- Debt: **$40,000 in student loans and debt from her divorce**
- Rent: **$925/month**

- **My shining moment of resourcefulness:** I bargain-shop for hotels. First I find the lowest rate online at sites like orbitz.com or hotels.com, then I call the hotel directly to see if they can beat that price. I'm saving $79 a night at a Hyatt in Louisville, KY, for Savannah's next big game.
- **My microwavable money-saver:** A coworker and I swap last night's dinner at least once a week for lunch. It gives us time to catch up without having to foot the bill at a restaurant.
- **My keeps-me-sane splurge:** I take my girls for quarterly pedicures. All of their sports—volleyball, soccer, swimming—do a number on their toes! It's about $84, but it's rare that we have a free weekend at home together. —AS TOLD TO KENRYA RANKIN NAASEL

FIVE-MINUTE MONEY MANAGER

Stealth spending traps



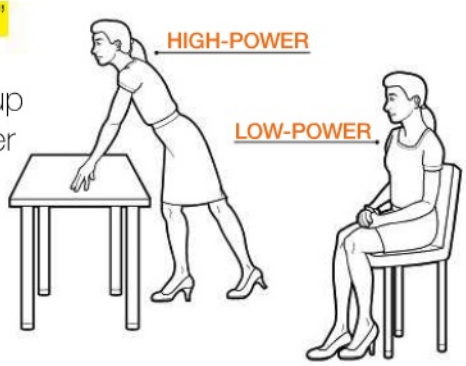
REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

It's the little buys you barely notice that do the most damage to your bottom line. Beth zooms in on some new offenders.

- **Shrinking groceries.** Many brands, including Häagen-Dazs and Tropicana, are slashing the size of some of their products by up to 20 percent while keeping prices the same, *Consumer Reports* recently revealed. **The fix:** Compare products based on lowest *unit* price, not total price, to see which one really costs less.
- **Online gaming.** Popular programs like FarmVille and Smurfs' Village are free to play, but parents are reporting that their kids have unknowingly racked up big bills on in-game accessories that can cost more than $200. **The fix:** Don't give your kids the password needed to make purchases.
- **Group deal sites.** Groupon and LivingSocial *should* save you cash, but customers don't manage to use 10 to 20 percent of the coupons they buy before they expire. **The fix:** Put the expiration date on your calendar so you won't forget to use it.

THE 2-SECOND WAY TO FEEL GUTSIER

More incentive not to slouch on the job: Striking a "high-power" pose triggers the release of testosterone and a drop in the stress hormone cortisol—the perfect chemical combo to amp up a take-charge attitude. In a recent study, subjects in high-power stances were 44 percent more likely to take risks than those with wussy, slumped postures. In general, sit and stand in ways that keep your body open and taking up more space, instead of crossing your arms and leaning back. —MARIDEL REYES



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FRUIT PUNCH
CAPRI SUN IS A CHOICE YOU CAN RESPECT.
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CAPRI SUN
FRUIT PUNCH
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Respect what's in it
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How to make $1,000 in one weekend

Experts say every smart woman needs a side hustle right now. Try these to bring in the cash *fast*. By Sandy Fernández

When I told my husband last summer that I wanted to throw a big weekend yard sale, he took in the news with his usual stoic resolve. He's seen my cockamamy moneymaking schemes before: the eBay store that quickly fizzled, the "resellable" cupcake stands from our wedding that are still moldering in the garage, previous yard sales where I mostly chatted with neighbors before lugging our stuff back inside. Expectations were *not* high. So this time, I really worked it. I advertised ahead of time on Craigslist and in local papers, put a sign in my yard days ahead, and prepriced everything so people wouldn't have to ask. We made $700 in two days.



"Done right, yard sales can bring in good money," says Chris Heiska, founder of the website yardsalequeen.com, where I gleaned many of my tips. Another yard-saler, Carrie Grindle, a mom in Oregon, OH, regularly clears $500 *a day* at her sales. Her strategy: Any time one of her kids outgrows a piece of clothing or tires of a toy, she prices it before tossing it in a box to await the next sale.

"Everyone needs a side hustle," says Jason White, who started the personal finance blog frugaldad.com as a hobby that now brings in cash from ads. "In this economy, it's risky to depend on one source of income. And for most of us, it's the best way to pay down debt." The secret, White says, "is to cultivate a business around something you're already good at." Learn from these five smart-cookie readers, who found ways to make bank without a lot of extra time.

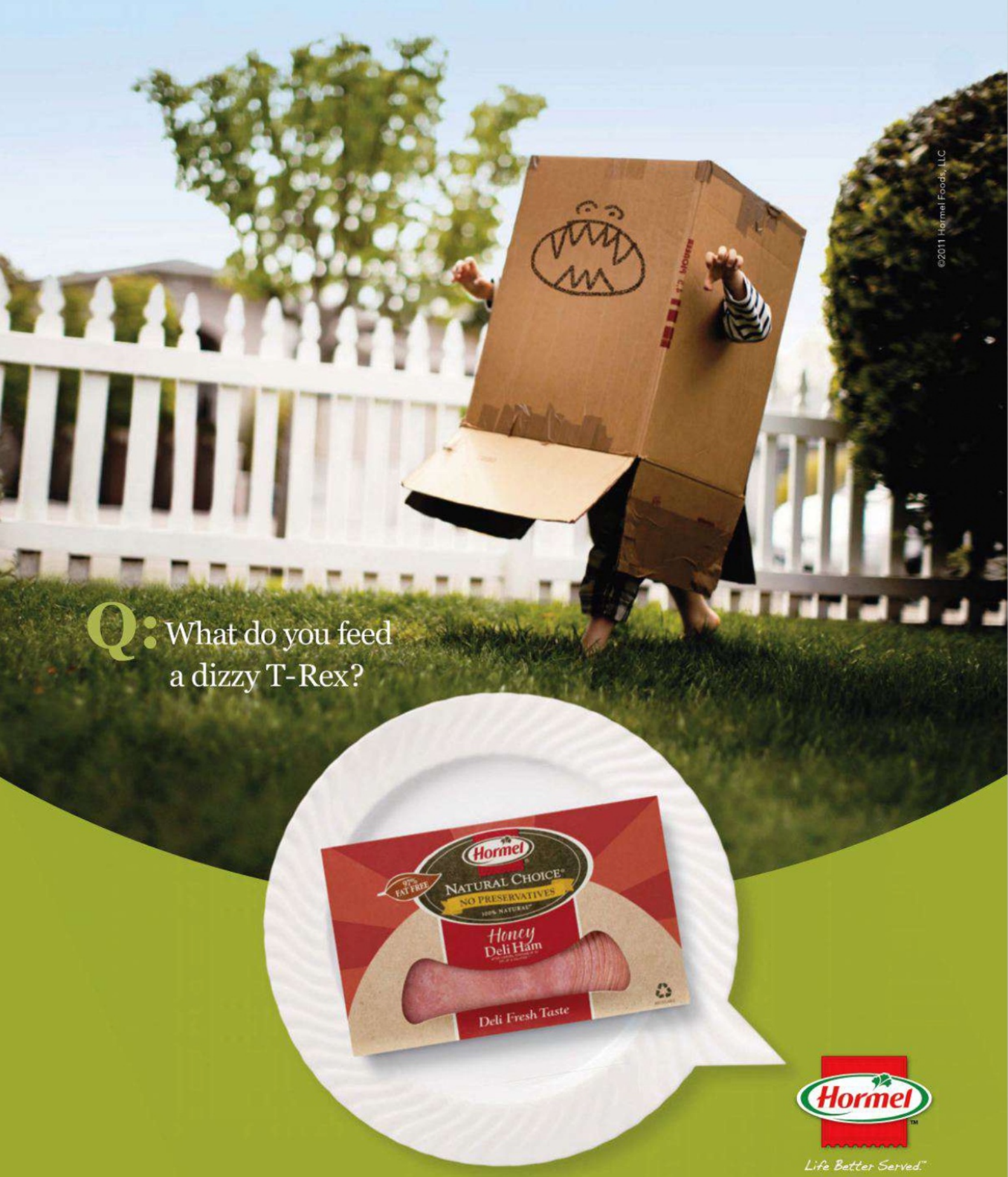


Get crafty, cash in

Tonya Bice, 38, Geneva, IL

BIGGEST WEEKEND HAUL: $1,831 When Tonya, a former stock trader turned stay-at-home mom of four, saw a glorious wreath at Pottery Barn eight years ago, she was bummed that it was out of her price range. "I decided if I couldn't buy it, I'd learn how to make it," she says. Now the craft project is her full-fledged business, Twoinspireyou, which she started two years ago when she joined etsy.com, the online marketplace for handmade goods. "I had done craft shows before, but I wasn't great at pitching the products in person," she says. "Etsy really catapulted me to the next level. Thousands of people saw my work, and it spoke for itself." Tonya had her biggest weekend this past spring—making $1,831—after offering repeat customers free shipping. For newbies looking to cash in, Danielle Maveal, Etsy's manager of seller education, suggests joining one of the site's "sale

FROM TOP: WALTER CHIN/TRUNKARCHIVE.COM, COURTESY OF SUBJECT.



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The simple answer is HORMEL® NATURAL CHOICE® sandwich meat. It has the all-natural great taste they want and the protein power they need – without preservatives. For more ideas, visit hormel.com.

teams," where like-minded crafters can connect online to get advice from successful designers. "They'll offer tips, such as how to tag your product so it pops up more often when people search on the site. It's all about making it easier for shoppers to find you. Once they do, it's like sparks flying."



Profit from a closet purge

Susan Jumonville, 42, Syracuse, UT

BIGGEST WEEKEND HAUL: $1,400 When Susan heard from a neighbor that Once Upon a Child, a child-oriented consignment chain, was opening up in her town, she decided it was time to sell all her daughter's outgrown but carefully stored clothing and toys. Over three days, she dropped off five SUV-filling loads. Susan credits her success to the state of her goods. "Take the time to wash and iron old clothes," she suggests. "They should look like things you'd buy yourself." Susan was surprised when the store rejected brand-name items by Ralph Lauren and Laura Ashley, only to accept stuff from Target. But according to longtime consignment-shop owner Kate Holmes, whose site, howtoconsign.com, offers tips for resalers, "Store owners know their customers and what sells." So before you lug bags and bags of stuff to your neighborhood thrift shop, stop in to see what the place usually stocks, and edit your giveaways to meet their needs.



Nanette Torres-De León hosts a Pure Romance party.

Sell, baby, sell!

Nanette Torres-De León, 33, Guaynabo, Puerto Rico

BIGGEST WEEKEND HAUL: $1,300 Nanette first heard about Pure Romance when a friend invited her to one of the company's Tupperware-style sex-toy parties at the end of 2009. "I immediately knew this was something I wanted to do. As a rep, you have to be confident in yourself and manage people's inhibitions toward sex. When I talk to a customer, I try to figure out what this person needs but is too mortified to admit," says Nanette, who works as an actuarial analyst during the week. Her initial box of supplies arrived in January 2010, and over the course of several parties she hosted the weekend before Valentine's Day, she pocketed $1,300. (Pure Romance spokesperson Genine Fallon says reps usually take home between 30 and 60 percent of their sales.) "It's never just about making a sale," says Nanette, who keeps meticulous notes on her customers, including their birthdays and anniversaries. "I call them up and say, 'Congratulations!' and they always end

COURTESY OF SUBJECTS (4).



up asking, 'Got anything new?'" If you're turning red just reading this, visit the Direct Selling Association at directselling411.com for loads of much tamer goods—from cosmetics to kitchenware—that you can sell simply by having a party.

Hit the wedding circuit

Crystal Senter Brown, 36, Chicopee, MA

BIGGEST WEEKEND HAUL: $600 Crystal, who works for the American Cancer Society during the week, decided to become the marrying kind 10 years ago, when, as a Baptist marrying a Jehovah's Witness, she had trouble finding a justice of the peace, or JP, to perform her own wedding. "It was harder than I expected to find someone who would honor both of our beliefs," she says. So afterward she applied for a JP license, which cost $75 and required six letters of recommendation. States need only so many JPs, but Crystal lucked out because a JP in her town was retiring, and local officials accepted her application to take his spot. To date, she's officiated at nearly 300 weddings, at roughly $150 a pop, including one couple who asked her to climb a mountain with them so they could get hitched at its peak. Brown's best weekend of back-to-back weddings brought in $600. She's also built a relationship with a wedding venue in her town, and now, she says, "I'm booked solid for the next five months."



Crystal Senter Brown joins a happy couple.

Unleash your inner gamer



Christina Auer, 47, Lake Worth, FL

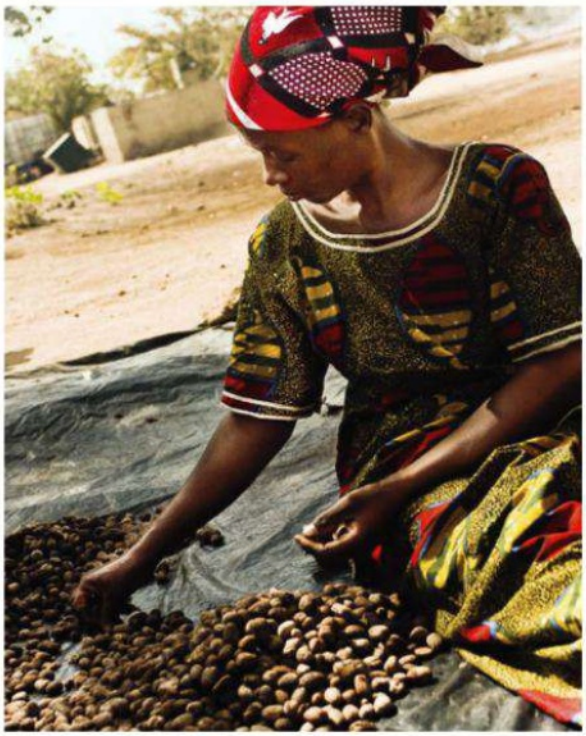
BIGGEST WEEKEND HAUL: $1,500 It's the mother of all big-fish stories: In 2008, a friend of Christina's told her about a new and different fantasy sports league, FLW Fantasy Fishing, in which participants guess the winners of 10 weekend fishing tournaments over a season. It's free to enter, and the prizes, paid by sponsors, are big and plentiful: from $100,000 for winning the whole thing down to a $10 Walmart gift card for 50th place. Christina and her husband, leisure-time anglers who often took their then-13-year-old twin boys fishing, decided to try it. "My husband got into studying the players and looking up their stats. He was online for hours," says Christina, a makeup artist by day. "I came in third in a tournament without doing any real research! One guy was competing on his home lake and had come in third the year before. I figured he'd really want to win this time, so I picked him to come in first." The lucky guess netted her $1,500. Christina admits it was a fluke, but adds, "Anybody can do this, so just have fun with it." ®



BE PART OF THE SOLUTION

7 pleasures *not* to feel guilty about

Treat yourself, girl! These indulgences will help women, kids, and families worldwide.

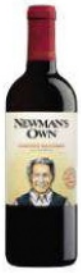


Mouniratou Yaro sorts through shea nuts at a production center run by L'Occitane in Burkina Faso.

1 *Splurge* on any L'Occitane shea butter products (like the $40 Ultra Rich Face Cream—yum) and you'll help 12,000 women who produce shea butter in Burkina Faso, Africa. Long before L'Occitane's founder, Olivier Baussan, visited the resource-rich West African nation in 1982, the women there had perfected an eight-step process to get butter from shea nuts, which they traditionally used to treat everything from minor cuts to eczema. Baussan was wowed by their work and hired them to produce the butter for L'Occitane—at above-market wages. Aside from paying a fair salary (a rarity in developing nations), the L'Occitane Foundation supports 17 literacy centers and finances entrepreneurial workshops for the women, helping them improve their reading skills and business savvy. Many women have also gone on to grow other businesses with the help of microcredit loans from the foundation, including Marcella Dabire, who launched a beer-making company. "Thanks to the business, I have improved my social standing in my village and am better able to support my children," says Marcella. Get more details and shop all of L'Occitane's shea products at usa.loccitane.com/sheabutter.



2 *Sip* a glass of Newman's Own chardonnay or cabernet sauvignon. All profits go to the Newman's Own Foundation, which gives roughly $26 million each year to charities such as Feeding America and the Natural Resources Defense Council. Stock up on vino at newmansownwines.com.



3 *Accessorize* with jewelry from designer Joan Hornig at joanhornig.com. (Tina Fey, Eva Mendes, and Lauren Graham are fans.) Hornig's gold and gems are superpricey, but the silver stuff starts at only $46. All profits go to the charity of your choice: At checkout, just enter the name of your favorite nonprofit or pick from over 600 national and local organizations on file.

4 *Get* your caffeine fix with African Sunrise fair-trade coffee sold by the Global Benefit Coffee Company. One-hundred percent of the profits from the beans you buy will go to build wells in Rwanda through thewaterproject.org. In 2010, the group helped 100,000 Africans get clean water. Order at thewaterproject.org/global-benefit-coffee.php.



5 *Show* your skin some love and slather on Lush's Charity Pot body lotion, made with fair-trade cocoa butter. The full cost of the $20.95 tub will benefit one of the 14 organizations that Lush partners with, including Ocean Conservancy and UNICEF. Get yours at lush.com/charitypot.

6 *Soak* in a bubble bath using Philosophy's Green Gel. Buy a bottle for $20 at philosophy.com/shop-for-a-cause and every dime of the proceeds will benefit the Rainforest Foundation. So far, Philosophy has helped save 6.6 million acres of forests in Central and South America.

7 *Doll* yourself up with MAC's Viva Glam lipstick—one tube will supply a woman living with HIV in Africa with a month of free public transportation, to travel to and from her doctor's visits, through the MAC AIDS Fund. Order at maccosmetics.com/vivaglam ($14.50). —JIHAN THOMPSON



TOP LEFT: YAMPHOTO 2011. COFFEE: GREG MARINO/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.

He wears many hats.  And we just gave him another.

Over the past 30 years, Jerry Glidewell has seen thousands of young faces come through the doors of the **Fort Smith Boys & Girls Clubs in Arkansas**. And while a lot about the Clubs has changed in that time, one thing hasn't. Jerry's commitment to giving each kid the great future they deserve is still just as strong as the day he started. And here at Maytag, we think that kind of dependability is something to celebrate.

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MAYTAG

WHAT'S **INSIDE** MATTERS™

Go to your happy place: A date with pals... and the blender!



MOMMY MIXOLOGIST

THE "SLIGHTLY SLOSHED" SLUSHIE

You know what baby food is good for, besides feeding babies? Making a sublime frozen cocktail. We're really not kidding—it's basically the same as the fruit purees that bartenders use.



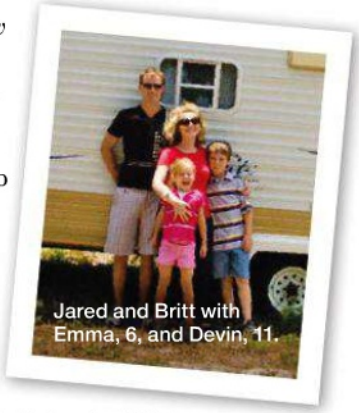
Kim Haasarud designs cocktails for top hotels, like the Four Seasons Resort Maui. Oh, and she's a mom of two. Her latest recipe book is *101 Mojitos & Other Muddled Drinks.*

- 1½ oz pear vodka
- 1½ oz squeezable fruit puree or jarred baby food—pears, plums, apricots, anything
- ¼ cup of 7-UP
- Juice of half a lemon

Directions: Combine everything in a blender with a few cubes of ice. Blend on high for 10 seconds. Pour into a martini glass. Feel your blood pressure drop with each fruity sip.

EVERY WOMAN NEEDS AN *escape fantasy*

All moms have a *When the kids grow up...* dream, whether it's big (to see the world) or small (to walk around naked without someone laughing at your butt). Blogger Britt Reints of miss-britt.com had always wanted to travel and decided to go for it—*now*. So in June, she and her family sold everything and piled into a 24-foot RV. Now that's a great adventure!



Jared and Britt with Emma, 6, and Devin, 11.

REDBOOK: What inspired you to ditch it all and travel?

BR: My husband and I had a list of places to visit when the kids graduate high school. But my youngest is only 6, and let's just say I could feel the resentment coming.

REDBOOK: Did your husband think you were crazy?



BR: I told him about my plan before bed one night and he said, "Okay," then went to sleep. A few days later, he asked, "So are the kids and I coming with you?" He was just relieved I wasn't trying to go solo.

REDBOOK: What reactions have you gotten?

BR: The first question is "What about the kids' school?" They'll take online classes. A lot of people have said, "I wish *I* could do that," but they can. We aren't rich—Jared lost his job last year. But one year of travel works out to be less than what we spend living in Orlando. So we saved for nine months, put our house up for sale, and I'll keep freelance writing. You don't have to put off your dreams of traveling or going back to school or *whatever*—just have a plan!

Follow Britt on the road at redbookmag.com/traveldiary.

GROUP THERAPY

A night out with your friends is like 10 sessions with a shrink—and *so* much cheaper. In fact, this one's on us! Enter to win at redbookmag.com/freebies.*



- **Catch the latest blockbuster with your BFF.** It's fine to pick the flick with the hottest guy. 50 readers will each win 2 movie tickets, courtesy of Fandango.
- **Have a D.I.Y. mani-pedi night.** Just paint each others' nails *before* cocktails. 20 readers will each win 2 new polishes from cool-girl brand Butter London.
- **Meet up for ice cream.** Whatever you do, don't cave and take your kids! 100 readers will each win a $10 gift certificate to Cold Stone Creamery.

COCKTAIL, NAIL POLISH: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. FOOD STYLIST: MATT VOHR FOR HALLEY RESOURCES. HAASARUD: ELLEN BARNES. FAMILY: COURTESY OF SUBJECTS. COLDSTONE, FANDANGO: COURTESY OF MANUFACTURERS.

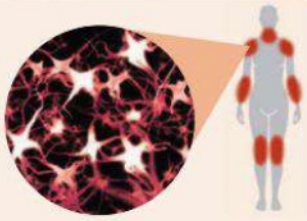
*FOR DETAILS, SEE PAGE 191. (NO PURCHASE NECESSARY.)



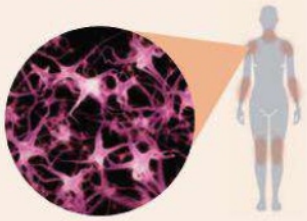
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The answer may be over-active NERVES.

FIBROMYALGIA is chronic widespread muscle pain **thought to be caused by over-active nerves.**



LYRICA is **believed to calm these nerves.** It's not an anti-depressant.



Artist depiction

LYRICA® (pregabalin) Ⓒ can provide significant relief from Fibromyalgia pain.

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RELIEF can start here.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

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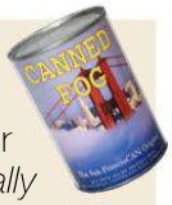
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Rx only

Squeeze out every last drop of summer with our dud-free reads, the best online time-suck, and Paul Rudd. Because he's awesome.

CLICK IT

Kitsch hall of fame



Ever stopped into one of those souvenir megastores and wondered, *Who actually buys this junk?* Relish the world's wackiest finds (while keeping your cash and dignity intact) on **crapsouvenirs.com**. Because what says "we had a great vacation!" better than a blowfish in a sombrero? Or boxer shorts printed with the private parts of Michelangelo's *David*?

WATCH IT

A BROTHER WHO MAKES YOURS LOOK NORMAL


Paul Rudd (or is it Joaquin Phoenix?) in *Our Idiot Brother*.

The uncle with the pet monkey, the eternal-frat-boy cousin—we all have that one relative who's slightly…off. In the Sundance Film Festival favorite ***Our Idiot Brother***, Paul Rudd plays the clueless Ned, who couch-hops among his sisters (Elizabeth Banks, Zooey Deschanel, and Emily Mortimer) after his girlfriend kicks him out. You'll love this comedy's surreptitiously sweet side thanks to Rudd's Ned, the most endearing slacker since late-'80s Keanu.

KNOW ALL ABOUT IT

Feed *The Help*!



You hear about actresses having to get pin-thin for parts, but not so for this month's film adaptation of Kathryn Stockett's hit novel *The Help*. Actress **Bryce Dallas Howard**, who plays love-to-hate-her Hilly Holbrook, explains: "The cast could not have had a better time, but one thing that made it even better was that all of us were asked to gain weight! The first night of shooting in Mississippi, we all went out to eat, and Allison Janney treated. We ate ourselves into a food coma, and that kind of carried on the whole time. When I saw the film, I could completely see my growth—I gained 15 pounds. But that was how women looked in the early '60s. Tate [Taylor, the director] really wanted to have that integrity—and listen, we weren't going to argue!"

SING IT

How to win at **karaoke**

Want to belt it out without clearing the room? Use these tips from Brian Scott, a judge on ABC's new reality series *Karaoke Battle U.S.A.* (and 2009 USA Karaoke champ).



1 **Know the lyrics.** Too many people depend on the words along the bottom of that cheesy music video, and "no one wants to see people staring at a screen," Scott says. So pick a song you know, make eye contact with the crowd, and give people a show.

2 **Don't play it too safe.** "Avoid really basic—in other words, boring—songs," Scott says. He likes Beyoncé's "Listen" for high voices, Melissa Etheridge's "I'm the Only One" for mid-range, and Bonnie Raitt's "Something to Talk About" for low.

3 **Breeze past the flubs.** "I've seen over and over again where someone will make a mistake and then make a face," explains Scott. "Don't throw your hands in the air; just keep going—we may not have even noticed it."

Tune in to ABC Family's original movie *Cyberbully* (July 17, 8 p.m. ET) and start the conversation with your kids about online abuse.

HOWARD: JOHNS PK/SPLASH NEWS. RUDD: NICOLE RIVELLI/THE WEINSTEIN COMPANY. KARAOKE: IMAGE SOURCE/GETTY IMAGES. CANNED FOG: COURTESY OF FOGTASTIC.

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drink in the flavor.

With Crystal Light, water gets more delicious without all of the calories.

READ IT

5 SURE-BET BOOK RECS

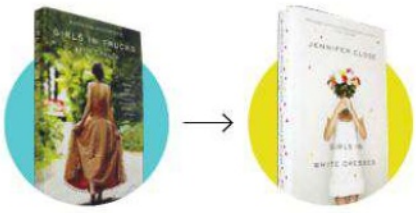
There's nothing better than an "Omigod! You have to read this!" book suggestion. So here are five, based on what you've loved in summers past.

If you loved... → **Read**



The Thirteenth Tale, Diane Setterfield → *The Lantern*, Deborah Lawrenson

A whirlwind love affair, a wife who dies under mysterious circumstances, and a string of murders—and ghosts!—all set in a crumbling countryside estate in Provence. This haunting tale is everything you could want in a Gothic mystery that doesn't also include a heroine named Jane Eyre.



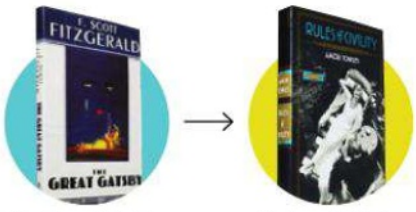
Girls in Trucks, Katie Crouch → *Girls in White Dresses*, Jennifer Close

Is there such a thing as bridesmaid abuse? Is it ever wise to fall in love with a guy who doesn't like kids? You'll relate, but mostly you'll laugh as Close turns her sweet-tart wit on the dating and mating shenanigans of this tight-knit group of friends.



The Poisonwood Bible, Barbara Kingsolver → *State of Wonder*, Ann Patchett

Anyone who's read stories about unprepared do-gooders arriving in a jungle knows: The jungle will eat you alive. The heroine of Patchett's latest novel—possibly her best yet—is a pharmaceutical researcher who heads into the Amazon to uncover the details of her colleague's mysterious death.



The Great Gatsby, F. Scott Fitzgerald → *Rules of Civility*, Amor Towles

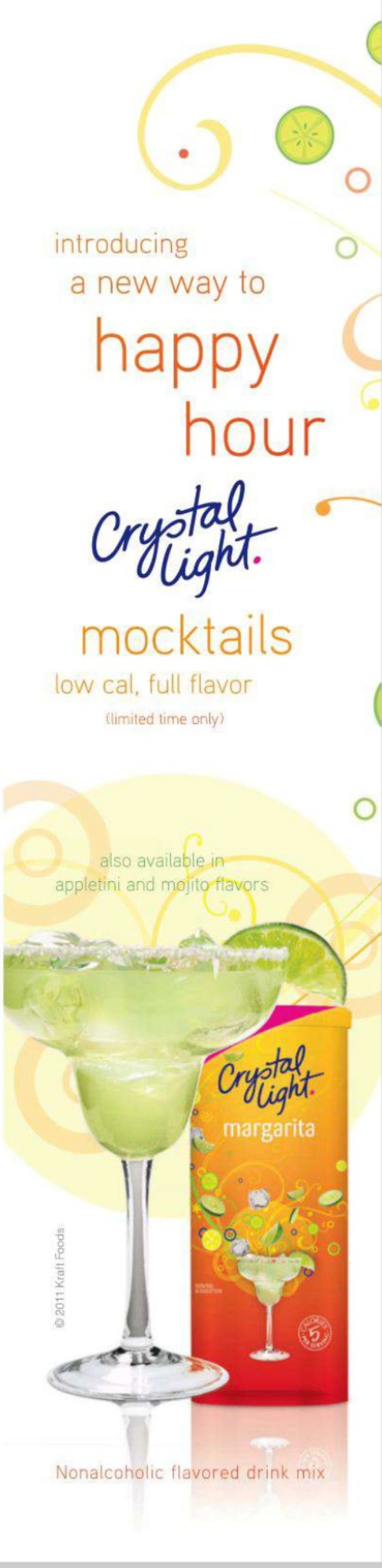
New York City, New Year's Eve, 1937: Katey Kontent and her roommate have both fallen for an intriguing businessman. Their love triangle unfolds with elegance and shocking twists against a fizzy background of jazz and gin joints. Part love story, part social observation, 100 percent absorbing.



This Is Where I Leave You, Jonathan Tropper → *Bed*, David Whitehouse

On his 25th birthday, Mal Ede, overcome by life's pointlessness, goes to bed—and stays there for two decades. Narrated by his dutiful (and hilariously bitter) brother, who's in love with the woman pining for Mal, *Bed* is full of sneaky emotional depth and humor. Kinda like a real family.

PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D.





BEAUTY HINT: For a youthful glow, rub a warm-toned blush on the apples of your cheeks, and swipe on a rosy lipstick with a hint of sheen. Try Simply Ageless Sculpting Blush in Royal Plum and LipPerfection Lip Color in Heavenly by CoverGirl.

By Lori Berger Photographed by Matt Jones

"My family comes first"

Jada Pinkett Smith gets honest (and emotional—our questions brought on tears!) about raising a family of superstars, loving Will, her "excruciating choices," and her many, many blessings.



Exclusive! Jada's private family album



"We're in Oslo, Norway, in the hotel room before we presented President Obama with the Nobel Peace Prize in 2009."



"Here I am fixing Willow's hair before she shot the 'Whip My Hair' video."



"Jackie Chan [Jaden's *Karate Kid* costar] is such a kind and special person, and he was so good to Jaden."





"Aww, I love this photo. This is Willow and me in China after a long day."



"We spent Easter with the Obamas. When we were going into the White House, we were stopped by security, [so] Michelle and President Obama came down to get us personally."



"That's a late night on the set of *HawthoRNe* with me, Will, and [costar] Marc Anthony going over one of the season's first scripts. Will is a 'ghost producer' on the show."

Imagine, for a moment, what would be scribbled on a dry-erase calendar in the Pinkett-Smith kitchen: Drive Jaden to Grammy rehearsal. Take Willow to meet the Biebs to go over her opening act for his tour. Playdate with Prince, Blanket, and Paris [Jackson]. Easter with the Obamas.

Impressive stuff, and what Jada doesn't even have time to write down is: Executive-produce and star in TNT's *HawthoRNe*, which follows an embattled chief nurse on her rounds. It's the last day of production on the show before a holiday weekend, and a devoted team of production assistants—PAs, in set-speak—are hanging around a craft table on the set, chatting. I'm sitting in the midst of the hubbub, waiting for the 39-year-old star to appear for our interview. Finally I notice that she's already here, sprawled out on two folding chairs, a makeup-less, pint-size person lost in an oversize gray sweat suit whom I'd mistaken for yet another PA. Minus the glow of the spotlight, Jada looks innocent and vulnerable—more like Willow's older sister than a Hollywood matriarch. (She's so petite, in fact, that during our conversation later, I can't help but ask her what she subsists on. She explains that, for her, food is fuel, not pleasure, so she basically lives on muesli, yams, salmon, kale, and salads. She bakes, too, but only for Will and the kids.) She smiles warmly when I walk over, and laughs when I explain my mistake. But once she starts philosophizing about her roles as a wife, mother, and actress, and the "sacred sacrifices" she's made, her laid-backness vanishes.

The woman at the helm of her own mini entertainment empire shares the ups and downs of keeping one of the world's most famous families in line, on track, and, most of all, happy. Listen in:

REDBOOK: You have literally done it all—write, produce, act, direct. You're an author, a musician, a humanitarian, and, of course, a wife and mom. What's been the price for doing all of this?

JPS: [*Laughing*] That's the age-old question, isn't it? I'm actually trying to decide right now what it is I'm going to master. And although I wouldn't say I've mastered it, the one thing I've been completely focused on lately is family—my kids and the love of my husband.

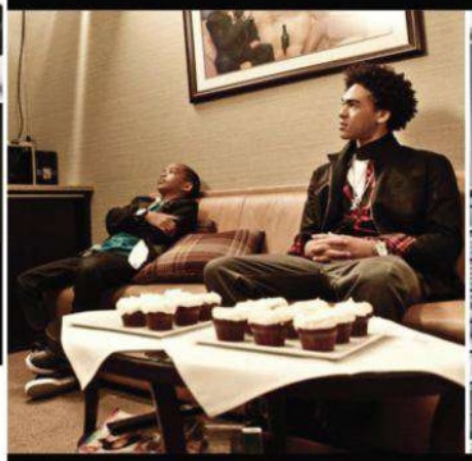
HAIR: MARCIA HAMILTON FOR MARGARETMALDONADO.COM. MAKEUP: STEVEN ATURO USING NARS AND DERMALOGICA SKIN CARE FOR MARGARETMALDONADO.COM. MANICURE: AMY PHAN. STYLIST: NICOLAS BRU.



"This is during *The Karate Kid* shoot. Will had asked me to come to the set because Jaden had a high fever. If Will was calling, he was really sick! So I flew from Beijing to get him."



"That's Willow playing the piano when we were all in Madrid before the Justin Bieber concert."



"This is Jaden and Trey watching Will and me doing one of the last episodes of *Oprah* from another room in the studio. I hope those cupcakes weren't their lunch!"



"Before Willow shot her 'Rockstar' video, she was like, 'Mommy, I don't know if I can do this.' So I was telling her there, 'Sweetie, you can do this!' She's my little drama queen."

RB: How did you get to this point, where you decided that family was the number-one priority?

JPS: I had to make choices. Believe me, I would still be on the road with my band, Wicked Wisdom, and making as many movies as I can a year, and doing all sorts of other things if I didn't have the responsibility of a family. But I have children with their own talents and dreams, and I know I have to be standing next to them for that journey.

RB: Was that a difficult choice?

JPS: It was excruciating, completely excruciating. When Jaden was auditioning for *The Pursuit of Happyness*, my band had just gotten an offer to open for Guns N' Roses in Europe. For me, that was unbelievable. But the choice was: I could be a rock star, or I could be on the set with my son to make sure he was healthy and happy. We all know how that story ended!

RB: Any regrets?

JPS: What you're willing to sacrifice is the measurement of how you love—at least it is for me. The Guns N' Roses offer was a dream come true. But the love of my son is so much more precious. At the end of the day, when I'm old and gray and no one really cares [about me] anymore, I'll still have my children to worry about, and that's what it's all about, right?

RB: Do you ever feel resentful that *you* had to make the sacrifice? Not Will, or even your kids?

JPS: No, I've never felt any resentment toward Will or my kids. Let me be clear, I don't think women *have* to make a sacrifice. They have a choice—always. But here's the deal: You ask yourself, *What can you live with?* And for me, that question was easy to answer. But good mothers make all kinds of choices. Making a decision that might sound selfish does not make a woman a bad mother. Jaden will often tell me, "Mom, you can still do your music; we could get back out there." They were on the road with me when the band was touring, and they loved every minute. And I truly believe that when they grow up and think about the best times we had, it will include our times on the bus together.

"IF ANYTHING HAPPENS TO MY CHILDREN, I GIVE ALL THOSE **people judging** ME THE RIGHT TO BURN ME AT THE STAKE. I'LL **deserve it**!"

PREVIOUS SPREAD: DRESS: TADASHI SHOJI. BELT: VINTAGE. RING: NICKY HILTON. PROP STYLIST: LENA KUFNER AT THE WALL GROUP. THIS PAGE AND OPPOSITE: COURTESY OF SUBJECTS.

RB: So Willow and Jaden understand the sacrifice you made?

JPS: Yes. I never believed that I could have these two human beings who love me so much. My mother was much more like a sister to me because she had me so young; she was 17. So I could never have imagined the connection I'd have with my own children one day. They have taught me so much about what love and commitment really mean [*tearing up*]. And both my kids have made tremendous sacrifices for me as well, to let me do the things I've done. Now it's their turn, and I'm rolling with them!

RB: Jaden's 12, Willow's 10. Have your kids had to sacrifice some of their innocence as their careers have started to blow up?

JPS: The innocence is still there. We deal with self-love and body issues with Willow, for example. I still deal with confidence issues with Jaden in terms of his moving to the next level in acting, music, or martial arts. And there's nothing Willow loves more than shopping at Staples, Target, and Barnes & Noble. Yesterday she asked me to take her to Staples so she could buy some notebooks and colored pens, because she loves to journal.



Jada with Wicked Wisdom in 2006.

"MY KIDS **loved** BEING ON THE **road** WITH ME."

RB: When Will is away, does that throw off the family dynamic?

JPS: [*Laughing*] Will and I have made ourselves strong anchors in the family, and as long as one of us is there, the family stays intact. But it can really throw off the partner dynamic—so we fix that as soon as he's home!

RB: How do you enforce things like bedtimes when your kids have been exposed to all that they have? Do they have curfews yet?

JPS: Hell, yeah, I enforce curfews and bedtimes, and there are consequences for bad behavior. Our son Trey just turned 18, and we [finally] lifted his curfew. Will wanted to keep it, but I said to him, "Will, he's basically an adult now."

RB: Do you ground your kids if they break your rules?

JPS: If Willow does something wrong—like if she's on the phone past 10 and she knows she's not supposed to be—I will ask her, "How are you going to make it right?" And she'll say, "Oh, Mommy, I think I shouldn't be allowed to talk on the phone for a week." I tell both Willow and Jaden, "People make mistakes, and that's okay, but what can you do to make it right?"

RB: When people comment on the way you raise your kids—or, as some have suggested, "exploit" them—does that piss you off?

JPS: I understand it. They're looking at something from the outside that seems so enormous and dangerous. I have my moments where I get more frustrated than upset. But I also know that our reality is one that most people don't share and can't imagine, and there's no fault in that. And if anything happens to my children, I give all those people out there judging me the right to burn me at the stake. Go for it, because I'll deserve it!

RB: Have you ever explained to Jaden and Willow that life as they know it is not typical for most kids their age?

JPS: Let me tell you what I fear most: Them growing up like I did, in a house with drugs in a war zone, where if I walked out my door I could be shot. Hollywood ain't nothing compared to that! Growing up in the streets of Baltimore, or the streets of Philly where Will grew up—I'd rather have my kids here. It still makes me nervous that they're part of something that isn't totally real, but it's up to Will and me to teach them what's real and what's not.

RB: What happens when you and Will disagree about something regarding the kids? Who wins?

JPS: We're pretty much in sync when it comes to discipline. Our disagreements are more likely to be about Trey. I'm more lenient with him than with anybody else in our family because technically I'm his stepparent, and I feel my job is to just love him, and I don't want him to ever question that. The other time Will and I disagree might be because we have slightly different philosophies on how to be with the kids when they're working. For me, they are still children, and when they're tired, it's time for them to take a break or call it a day. And Will will say, "Jada, don't have the boy stop now. We only have one more hour." Then I'm like, "Will, he's 10 and we're in China [where *The Karate Kid* was filmed], and he's working 500 hours a day, and his day is done." There's only a certain amount of stretching a mother will take. I'm fierce, and when I say it's over, it's over. [That shoot] was a tough time for us, but we gained real understanding from it.

RB: When you start to doubt yourself, how do you jump-start your self-confidence?

JPS: What is the first thing you say to yourself when you wake up in the morning and look in the mirror? Is it, "Oh, man, I look tired?" Or is it, "You know what? Maybe I'm getting these wrinkles all over my face, but I'll be god-damned if I'm not a bad chick!" Women need to attack those negative voices they have in their head.



RB: What was one of the negative voices you had to overcome?

JPS: I used to believe I wasn't pretty, because growing up, I was never told that I was. Actually, it was Tom Cruise who taught me how to get rid of those doubts. He said, "Every time I compliment you, you always reject it. You need to stop doing that. Just say, 'Thank you.'" So I've learned to accept a compliment.

RB: You are notoriously upbeat. How is it that you can always turn a negative into a positive?

JPS: I've been through a lot of pain, and that is not how I want to live my life. I went through a time where there were lots of drugs and alcohol, and really, I was on the brink of death. And then Will scooped me up, brushed me off, and said, "There's a diamond somewhere under here." [*Jada and Will met in the '90s when she auditioned for a part on his hit show* The Fresh Prince



Does the woman *ever* indulge in anything unhealthy? Yeah, Jada says: "I love french fries and pizza." Another guilty pleasure? Shoes!

of Bel-Air.] I always knew there was something better for me out there, but the question was, did I want to take the journey to get to it? When Will came along, I had a reason.

RB: That theme of fighting through personal pain is a big part of the new season of *HawthoRNe*, is that right?

JPS: This year, [my character] Christina hits rock bottom. Some fans will love it, others won't, but this is the show I want to make. [Executive producer] John Tinker, Will, my brother, and I crafted every single episode, and for me, it's now a more relevant show.

RB: You always come off so reasonable and rational. But don't you ever get mad and just want to tell someone to f--- off?

JPS: [*Laughing*] Hell, yes! I get pissed off all the time, but I know cussing someone out is not going to make things better, even though I might want to do it. Sometimes when I'm upset with the kids, I'll call Will and go, "I can't believe Willow did this or that," and I'll get it all out, so by the time I talk to Willow, I'm in a more sensible place. Will probably gets the worst of it because he can handle it.

RB: What's something every woman should do for herself?

JPS: I wish I knew. I can tell you what this woman needs to do. Even if it's just 30 minutes a day, or on the weekend, I tell my kids, "I will be nowhere to be found because I need some Mommy time." Do whatever rejuvenates you. It might be a cooking class, cocktails with the girls, or just private time with the hubby. We all have our moments where we run out of steam because we've given everything we've got to everyone else. Whoever decided that was a good thing? It's not. *Everyone* needs to refuel. ®

DRESS: HERVE LEGER. RING: BRUMANI. EARRINGS: IRENE NEUWIRTH. SHOES: CHRISTIAN LOUBOUTIN. OPPOSITE PAGE: GETTY IMAGES.

15 health and beauty perks of Summer



THESE WARM-WEATHER IDEAS COST NOTHING AND MAKE YOU LOOK AND FEEL FANTASTIC. IT'S LIKE YOU HAVE A FREE SPA PASS FOR THE NEXT COUPLE MONTHS—SO USE IT!

By Kayleigh Donahue and Erin Hobday Photographed by Melanie Acevedo

HAIR AND MAKEUP: ELISA FLOWERS AT BA-REPS.COM FOR DIOR BEAUTY AND REDKEN.
MANICURE: DONNA D AT ARTISTSBYTIMOTHYPRIANO.COM.



Head out, get happy

The sun's warmth truly is an instant pick-me-up: It makes your body release endorphins, says New York City dermatologist Francesca Fusco. "It's okay to take advantage of great weather—just slather your skin every two hours with a broad-spectrum sunscreen that also contains antioxidants like vitamins C and E, alpha lipoic acid, or green tea, which will keep your skin looking younger and glowier longer." Not to mention provide extra protection against the UV rays that cause skin cancer.

BEAUTY HINT: For a sunscreen packed with antioxidants, try Clinique Sun SPF 50 Body Cream.



Load up on fruit

Everything sweet and juicy is in season right now—and snacking on fruit isn't the only way to get a boost. Toss papaya, pineapple, mango, and a touch of honey into a blender and you've got a sweet exfoliating face mask. Smooth it on (avoiding your eyes), chill out for 20 minutes, then rinse to reveal soft, rosy skin. Also, munch on bright-colored fruits such as peaches, berries, and melons. They're rich in carotenoids, which help protect skin from the sun, improve immune function, and may even increase fertility.



Go barefoot in the sand

Whether you're walking with a friend or sprinting with a drill sergeant, doing it barefoot in the sand brings your workout to a whole new level. "With every step, you're forcing your body to stabilize in a way it doesn't when you walk or run on pavement," says New York City personal trainer Andrea Mitchell. "You end up using your core, glutes, thighs—even your feet—differently, so even if you're a regular runner, you get a more intense workout." Another bonus of spending quality time with your soles in the sand: It naturally exfoliates them, almost like an insta-pedicure, so feet look prettier and feel softer for the rest of sandal season. (For info on where to buy this cute swimsuit and everything else in this story, see the shopping guide on page 190.)



Park it

Spending time somewhere lush and leafy can improve your skin. Tree-filled areas have lower levels of air pollutants than treeless ones, "so breathing delivers more oxygen to your tissues, giving your skin healthy-looking color," Fusco explains. "Your face also picks up less pore-clogging grime than it does in urban areas, and humidity keeps skin hydrated and temporarily plumps fine lines." Hanging outside can also lower your heart rate while lifting your mood and energy levels: A recent British study found that doing an activity in nature for only five minutes perked people up.



Let the air do your hair

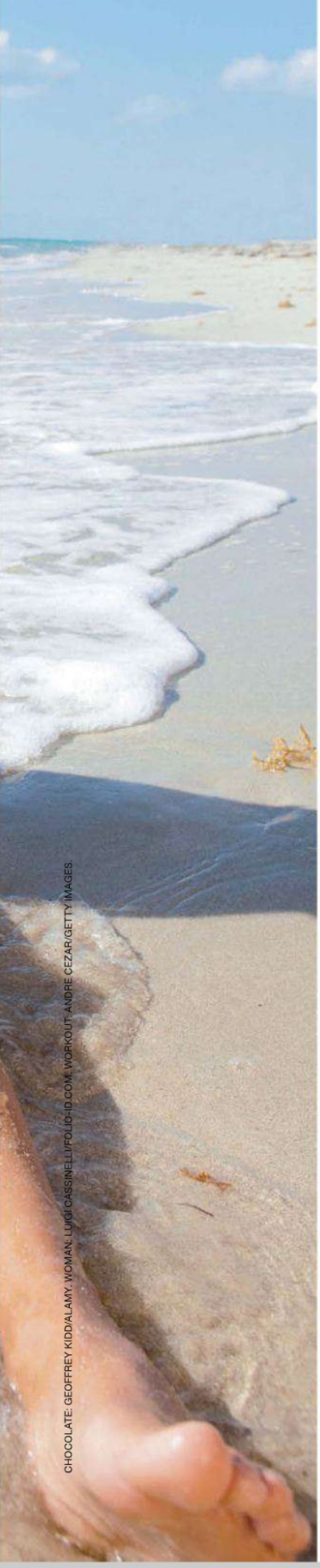
Here's why you shouldn't always opt for a ponytail at the beach: Sea air, with all its salt and moisture, works as a natural volumizer. "It creates fullness and texture," says hairstylist Oribe of Oribe Salon in Miami. "Combined with the subtle bleaching that comes from the sun, you get luscious hair with zero effort." But there's more! The air's negatively charged ions—which form when wind, moving water, and sunlight cause air molecules to break apart—can cheer you up too: According to a study published in the journal *Psychological Medicine*, chronic depression sufferers felt significantly better after breathing negative-ion-rich air every day for five weeks. So get someplace pretty—the air near mountains and bodies of water is full of negative ions—and breathe it all in.



Water therapy: Try it!

You know that swimming burns tons of calories and tones almost every muscle (hiya, Dara Torres), but it does a body even more good than that. "You basically become weightless in water, which decompresses your joints," says Mike Siemens, clinical director of exercise physiology and director of aquatic therapy at Canyon Ranch in Tucson, AZ. "Even just standing in water can relieve back and knee pain." The ocean also has its beauty perks: "Salt water will soothe almost any skin redness or inflammation," says Fusco. "It can even help to calm acne or shrink a big zit." So go ahead and dunk in all the way!

BEAUTY HINT: Another summery skin perfector: self-tanner, which can mask cellulite and other flaws. An aerosol spray, such as L'Oréal Paris Sublime Bronze Airbrush Self-Tanning Mist, makes it easy to reach every square inch.



CHOCOLATE: GEOFFREY KIDD/ALAMY. WOMAN: LUIGI CASSINELLI/FOLIO-ID.COM. WORKOUT: ANDRE CEZAR/GETTY IMAGES.

To look and feel this good all year long, just...

…eat some **dark chocolate**. "It causes your body to release serotonin, a 'happy' chemical similar to the endorphins you experience when you're outdoors in the summer," says New York City dermatologist Francesca Fusco.



…turn up the lights. Stop dwelling on winter's short days and relish every bit of light you can soak in—even if it's artificial. "Read and work under bright lights for maximum exposure," says psychologist Keith Johnsgard. "It'll slow your production of melatonin, the hormone that results from being in darkness for long hours and makes you feel sluggish."



…fake a **summery look**. Keep using some of your warm-weather products in the frigid months: Give hair a few spritzes of salt-water spray to re-create those sexy tousled by-the-beach waves, and blend a few drops of self-tanner into your dollop of morning moisturizer to warm up dull skin.

…use an air purifier–humidifier combo in your bedroom. When you can't get to cleaner, greener pastures (or it's just way too cold to go out in them), this is the next best thing. "The purifier part keeps air circulating while removing dust and dirt, and it may even neutralize bacteria—all of which can irritate skin," says Fusco. "The humidifier part helps keep skin hydrated so it appears dewy and radiant.'"

…mix up your workouts—starting now! "Find a fun indoor activity and you're more likely to stick with it once it gets cold out," says New York City personal trainer Andrea Mitchell. So add a **yoga** or **dance class** to your summer routine, because let's not forget, exercise releases the same endorphins that make you feel stoked when you're in the sun.





SUMMER'S GUILTY PLEASURES

It's August, which means it's way too hot to do Hence, our celebration of life's yummiest, guiltiest

A Another lip gloss You have 19 of them already rolling around in the bottom of your bag, but you still lust for more. Why not?—lip gloss is Zoloft in a tube. And your latest purchase might just replace that life-changing pink that was discontinued in 2002.... (For the ones here, see shopping guide, last pages, for details.)



B Baby swimsuits See that delectable baby in that tiny, precious, utterly useless bathing suit? You can feel your ovaries beating, can't you? Sure, an eensy weensy bikini is a total waste of money, but that won't stop it from earning the biggest applause at every baby shower. Go for it.

C Celine Dion She's got 4 *million* Facebook fans, so you're hardly the only one shedding a tear to "My Heart Will Go On" or belting out "It's All Coming Back to Me Now" in the shower. Just admit it: You *love* her. Singing superstar Jordin Sparks does too, and even emailed REDBOOK with a list of her favorite Celine hits:

My Heart Will Go On: "I was 7 when this came out, and I used to impress people by singing it. Well, *try* to impress them."

Because You Loved Me: "My dad used to sing this to me, so I did it for the biggest audition of my life: *American Idol*!"

It's All Coming Back to Me Now: "This is my karaoke jam."

Beauty and the Beast: "No one can do this song like Celine. Not even me. :-)"

Taking Chances: "The message of this song is the story of my life. And she is *sangin*'!"



D Deep-fried whatever Crisco's Law: anything + batter + hot oil = heaven. So we got Adam Richman, host of Travel Channel's *Man v. Food*, to give us his favorite fried fare from across the country—and then we put the recipes online at redbookmag.com /guiltyrecipes. Prepare your FryDaddy!

At Lolita in Cleveland: "The fried brussels sprouts are the best side dish in the whole wide world."

At Cafe Du Monde in New Orleans: "I don't think it's wise for any human being to go through life without having a Cafe Du Monde beignet."

At Rockit in Chicago: "The 'Rockit Pockits' are a Philly cheesesteak inside an egg roll. They are not to be believed."

At Umami Burger in Los Angeles: "Cheesy tots—Tater Tots stuffed with cheese and then fried. 'Nuff said. But they aren't on the menu, so you have to ask for them."

At the California State Fair in Sacramento: "The deep-fried cheesecake is so decadent it's stupid."



A TO Z

anything *ambitious* or *worthy*. pleasures. You deserve 'em!

E Excuses (really good ones!) The best excuses are plausible but just crazy enough that they don't sound canned. And they're a key weapon in any oversubscribed mom's arsenal. Try these, which REDBOOK readers have actually used—and, yeah, gotten away with.

"Bad tofu. Baaaaad..." *—Marie Corvese, 48, Glocester, RI*

"Sorry, but my kid (insert practically anything here)." *—Kasey Newman Goyette, 28, Flemington, NJ*

"My heel got caught under the gas pedal, Officer." *—Cheri Ambrose, 50, East Hanover, NJ*

"I'd *love* to, but I promised myself that I'm going to say no to everything anyone asks me today." *—Regan Jurick, 34, The Woodlands, TX*

"I threw my wallet away and I'm still pawing through the garbage to find it." *—Meredith Rollins, 39, New York City*

"Sorry, but I'm just not feeling very pretty today." *—Mary Sullivan, 30, Clifton, NJ*

"My cat has a fish hook through his lip... I'm gonna be late for work." *—Suzy Haynes, 34, Brownsville, TN*

CELEBRITY GUILTY PLEASURES!

"Not having to pay for movie tickets." –Robert Downey Jr.



"Corn dogs at Disneyland. I only have them about twice a year, but they're my favorite." –Teri Hatcher



"Chocolate-chip cookies—ones that are warm, soft, and a little crunchy on the edges. Mmm!" –Taboo from the Black Eyed Peas



"Pretty girls!" –Jim Carrey



F Fancy flip-flops Yes, it's basically like wearing slippers in public. But a) It's summer, and b) These are so pretty—all beflowered and bejeweled—that they could almost get by at the White House. Almost. Clockwise from top left: Lindsay Phillips, $24; FlipOut, $19.99 for sandals, $24.99 for butterfly clip; Oka B., $30. (See shopping guide for details.)

G Gossip magazines That the paper stock is laced with OxyContin would be one explanation for our complete inability to resist the rags. A better (and actually scientific!) one: Being specially attuned to gossip is in our DNA. According to researchers from Northeastern University and UC Davis, we're biologically wired to focus on people we've heard negative things about—regardless of whether or not we know them. Scientists believe that it allows us to protect ourselves from similar bad situations and people in the future. When you think about it that way, you can't afford *not* to be riveted by LiLo's escapades. Right? *Right?*



PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. ONION RINGS: JACK ANDERSEN/GETTY IMAGES. DION: FILMMAGIC/GETTY IMAGES. BLUE FLIP-FLOPS: COURTESY OF LINDSAY PHILLIPS. SILVER FLIP-FLOPS: COURTESY OF FLIPOUT. MOVIE TICKET: ROBERT KIRK/GETTY IMAGES. CORN DOG: BRAND X PICTURES/GETTY IMAGES. COOKIE: ISTOCKPHOTO.COM.



H Hogging the bathroom Stage a bathroom takeover, telling everyone in the house that unless they have actually *lost a limb*, they are not to bother you for at least 30 minutes. Then commence slathering on some kind of luxurious at-home spa potion from head to toe. Guaranteed, you will feel completely refreshed—at least until you open the door.



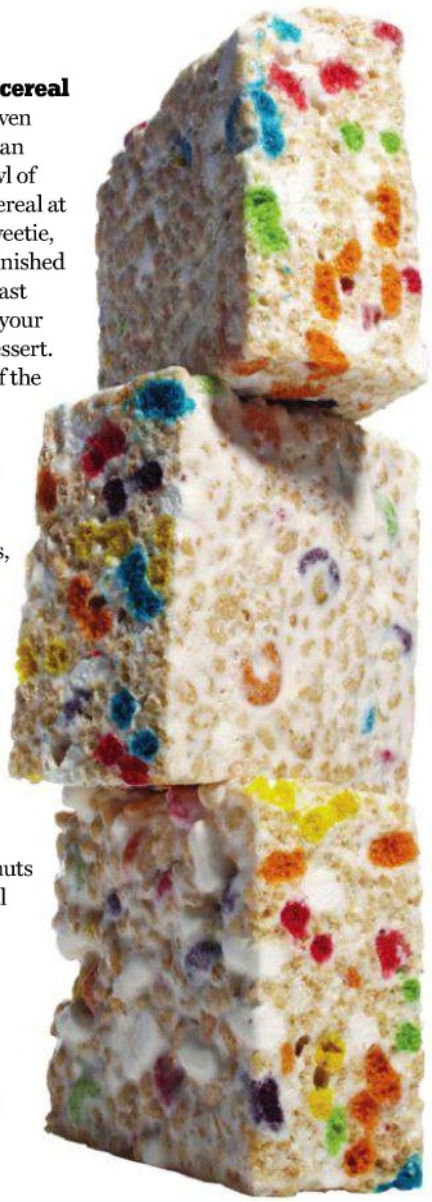
I Impractical shoes You have to use your guy as a handrail when you walk. They go with nothing that's currently hanging in your closet. But they make you feel like one hot little mama. It's all our fault for suggesting the seven sinful wonders above. From left: Ann Taylor, $198; Vince Camuto, $110; Daniblack, $185; Bettye Muller, $495; Nine West, $89; Pour La Victoire, $250; Charles David, $295. (See shopping guide for details.)

J J. Lo Say what you will about her creative output (what was "On the Floor" even *about*?), but the ultimate mom and megastar is our personal idol. This girl crush is getting painful!



K Kiddie cereal What's even better than a big bowl of sugary cereal at midnight? ("No, sweetie, I don't know who finished your Cinnamon Toast Crunch.") Turning your favorite one into dessert. Molly Ott, owner of the award-winning Corina Bakery in Tacoma, WA, says, "We make treats with all types of cereals and mix-ins, like M&M's, nuts, and chocolate chips." Head to redbookmag.com/guiltyrecipes for her recipes featuring these combos:

- Chocolate puff cereal (like Cocoa Puffs) + M&M's + nuts
- Puffed rice cereal (Rice Krispies) + Fruity Pebbles + jelly beans
- Peanut butter + chocolate puff cereal + mini peanut butter cups



60% of REDBOOK readers admit to using **cash** to pay for guilty pleasures so they won't show up on the credit card bill.

L Lying there and letting him do all the work It's like buying a Mrs. Smith's apple pie: Sometimes you want dessert without putting in the elbow grease. Don't be sorry—according to a recent study from Kwantlen University in Canada, men are more satisfied when we focus on our own pleasure instead of theirs. So lie back and enjoy it—he sure will.

Mother-in-law jokes Not because you hate yours or anything, just 'cause they're really funny. (Uh-huh, we tell ourselves that too.) Three from comedian Sunda Croonquist, whose mother-in-law actually sued her—unsuccessfully!—for telling jokes like these:

"The great thing about mothers-in-law is that they give you their sons. The bad thing is that they don't want to babysit them anymore."

"When my husband told my mother-in-law we were planning our wedding, she said, 'Over my dead body!' Ugh. She lied."

"How do you know when your mother-in-law is complaining? Her mouth is open!"



Naps You've got 29 minutes till that Wiggles DVD ends and your kid comes barreling at you like a mom-seeking missile. Luckily, Lisa Shives, M.D., founder of the North Shore Sleep Center in Chicago, has three tips to help you conk out fast.

Prep yourself: "The necessary conditions of good sleep are what we call 'cool, dark, and quiet.' So make sure the room is a comfortable temperature and relatively silent, and invest in a light-blocking sleep mask."

Feel the rhythm: "Your body's second sleepiest time of day [after 10 p.m. to midnight] is 1 to 4 in the afternoon, making it the best time to try to catch a nap."

Find a naptime story: "I tell my patients to listen to an audio book that they like and know really well. You won't be focused on the words anymore, but it's just enough talk to block out the chatter in your head."

MORE CELEB GUILTY PLEASURES

"The new vanilla-cupcake flavor of Goldfish—they are to die for! They're just so *little*."
—Marlee Matlin, actress

"McDonald's french fries with sweet-and-sour sauce."
—Paris Hilton



"*Keeping Up With the Kardashians*. I've seen every single frickin' episode! And *Khloé & Lamar*, too. But I think it's because my family is crazy too."
—Cheryl Burke from *Dancing With the Stars*



"I'm a sucker for a good cheeseburger and a reality show!"
—Naya Rivera, Santana on *Glee*





Online shopping Remember the days when you couldn't buy an evening gown, a couch, and your groceries at 2 a.m. in your bra? We don't either. Five websites that keep REDBOOK's fashion department majorly cute:

Modcloth.com: Super-affordable clothing and accessories with a modern-retro vibe.

Shopbop.com: A wonderland of designer brands, from high to low.

Shopthelook.net: Adorable jewelry, pretty much all under $25.

Shopsueyboutique.com: Designer knockoff bags, all under $100.

Scarpasa.com: Their shoes meet the footwear trifecta: comfy, chic, and affordable.



Purses—lots of 'em Consider it payback for lugging all the kids' crap *and* his keys and wallet 'cause he hates the way they look in his pocket. In fact, you deserve a new one. Bags, from top: Barr + Barr, $270; Olivia+Joy, $88; Lulu's, $67; Coach, $398; Vieta, $92. (See shopping guide for details.)

WOMAN IN BATH: PADDY ECKERSLEY/GETTY IMAGES. J.LO: WIREIMAGE/GETTY IMAGES. MASK: COURTESY OF GAMA-GO.COM. FRIES: ISTOCKPHOTO.COM. KARDASHIANS: ALBERT MICHAEL/STARTRAKSPHOTO.COM. BURGER: KARL JUENGEL/STUDIO D. WEBSITE: COURTESY OF SHOPTHELOOK.NET.

Quirky kid names It's not just celebrities who give in to this particular guilty pleasure. For every Mariah with a Moroccan and Gwen with a Zuma, there's a regular woman out there with a Brooklyn, the 34th most popular girl's name in 2010, according to the Social Security Administration, or a Nevaeh (yes, that's *Heaven* backward), which clocked in at number 25.



Real Housewives of Anywhere The jaw-dropping shopping sprees when their houses are in foreclosure, pinot-fueled spats, Playmate-esque wardrobes! The *Real Housewives* are ridiculous to the extreme—and that's why watching them is so cathartic, says Andy Cohen, Bravo's executive vice president of original programming and development: "These women provide guilt-free gossip for millions. You can have strong opinions about every last thing on the show, and there are absolutely no consequences." Cue the DVR so you can rehash the inevitable smackdown on this month's New Jersey finale in detail.

SO WHAT ARE YOUR GUILTIEST PLEASURES?

We asked REDBOOK readers in an online poll to rank their favorite indulgences. Behold, your top 10:

1. Cupcakes
2. Sleeping in
3. It's a tie: chocolate and junk food
4. Ice cream



5. Spending hours on Facebook
6. Reality TV
7. Gossip mags
8. Tied: romantic comedies and pajama days (They go together like PB&J, no?)



9. Wine (Maybe it ranked so low because you don't feel guilty about it!)



10. Porn (Naughty, naughty, *naughty.*)

DRIVE-THRU REDO SPECIAL!

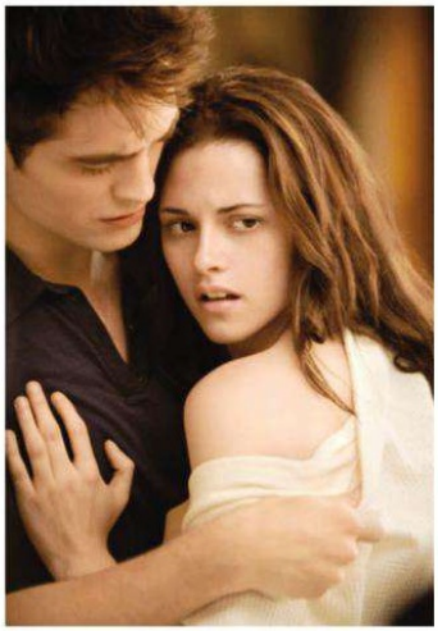
Sonic's chocolate shake It's dense, frothy, velvety—and weighs in at 590 calories. Our version here is all that and 297 calories. (So you can have one every day. Cackle, cackle.)



- 2 cups low-fat chocolate ice cream
- 1⅓ cups fat-free milk
- 1 (3.75-oz) container Jell-O double chocolate sugar-free pudding snack
- 2 Tbsp sugar-free chocolate syrup

In a blender, combine ice cream, milk, pudding, and chocolate syrup, then blend just until it's thick and frothy. Makes 2 servings.

Twilight Does your Edward Cullen obsession warrant therapy? We're actually not joking. "I have patients who bring him up regularly," says Tracey Cleantis, a licensed marriage and family therapist based in California. "They dream about him or sometimes compare him to their spouse, wishing that he were more like Edward."



So, um, what's the deal? "It's really just an impulse, wanting what Edward represents—a man who will never change and will always meet your needs." Well *that's* not gonna happen, so we say: skip the therapy, buy the DVD, and watch as needed. If your husband makes fun of R-Patz's perfectly applied foundation, he's getting nothin' tonight.

Using his razor Alert Discovery Channel: We're about to solve one of life's biggest mysteries. "You're not crazy—his razor really is awesome," says REDBOOK's beauty director, Victoria Kirby. "The blades are thicker on men's razors because they're designed to remove coarse facial hair. The Gillette Fusion ProGlide manual razor has this teeny built-in comb that guides stubble into the blades, so it's great at getting the little hairs around knees and underarms. And it lasts—I shave every day, and only need to change the cartridge every two weeks." If you're really sweet, you'll buy him one too.

HOUSEWIVES: COURTESY OF NBC UNIVERSAL. ICE CREAM: MICHAEL ROSENFELD/GETTY IMAGES. MOVIE STILL: THE KOBAL COLLECTION. WINE: BURAZIN/GETTY IMAGES. MILKSHAKE: ENVISION/CORBIS. *TWILIGHT*: COURTESY OF SUMMIT ENTERTAINMENT. WHOOPIE PIES: EVABLUE.COM. CREATED BY CLEVERCUPCAKES.COM. FILM STRIP: DAVE KING/GETTY IMAGES. DOVER-HOYLE: COURTESY OF SUBJECT. APPS: COURTESY OF MANUFACTURERS. WOMAN YELLING: PANDO HALL/GETTY IMAGES.

V Very hot farmers You love the greenmarket for the local organic produce. It has nothing to do with the strapping farmer who weighs your lettuce. Nothing. But it's curious how some moms we know love to show their truck-obsessed sons YouTube videos of hot farmer Tim Dover-Hoyle operating his, er, immense combines. Their boys watch the trucks and the moms watch Tim. (Check it out at redbookmag.com/hotfarmer.) How does Tim feel about his mom following? "I'm amazed," he says, "though I guess I achieved what I set out to do: to change the perception that all farmers are old men with sheep dogs yelling at people to get off their land."





W Whoopie pies It's like a cupcake sandwich, but you get a lot more frosting. Have too many of them sent to you via wickedwhoopies.com.

70% of REDBOOK readers would rather go without **new shoes** for a year than give up **chocolate** for a year

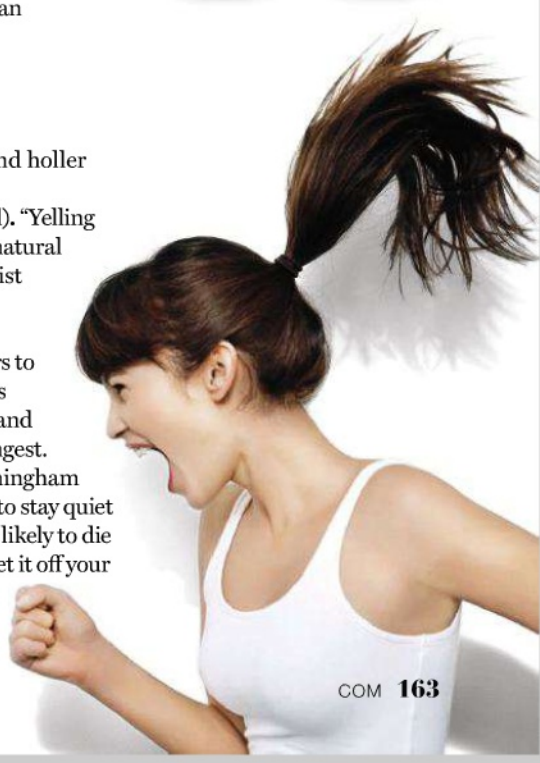
X eX-Stalking, Facebook-style It's late at night, everyone in your house is asleep, and your Facebook history is filled with images of your high school boyfriend. And your college boyfriend. And that guy you dated briefly over the holidays in 2002. Just because you haven't spoken to them in years doesn't mean you don't have the right to be rabidly interested in their careers, kids, and status updates. And yes, you're totally prettier than their wives. All of them.

Y Yelling Three reasons to go ahead and holler when the need arises:

1 It's almost as good as pot (and legal). "Yelling can trigger endorphins that give you a natural high," says New Jersey–based psychiatrist Peter Calafiura, M.D.

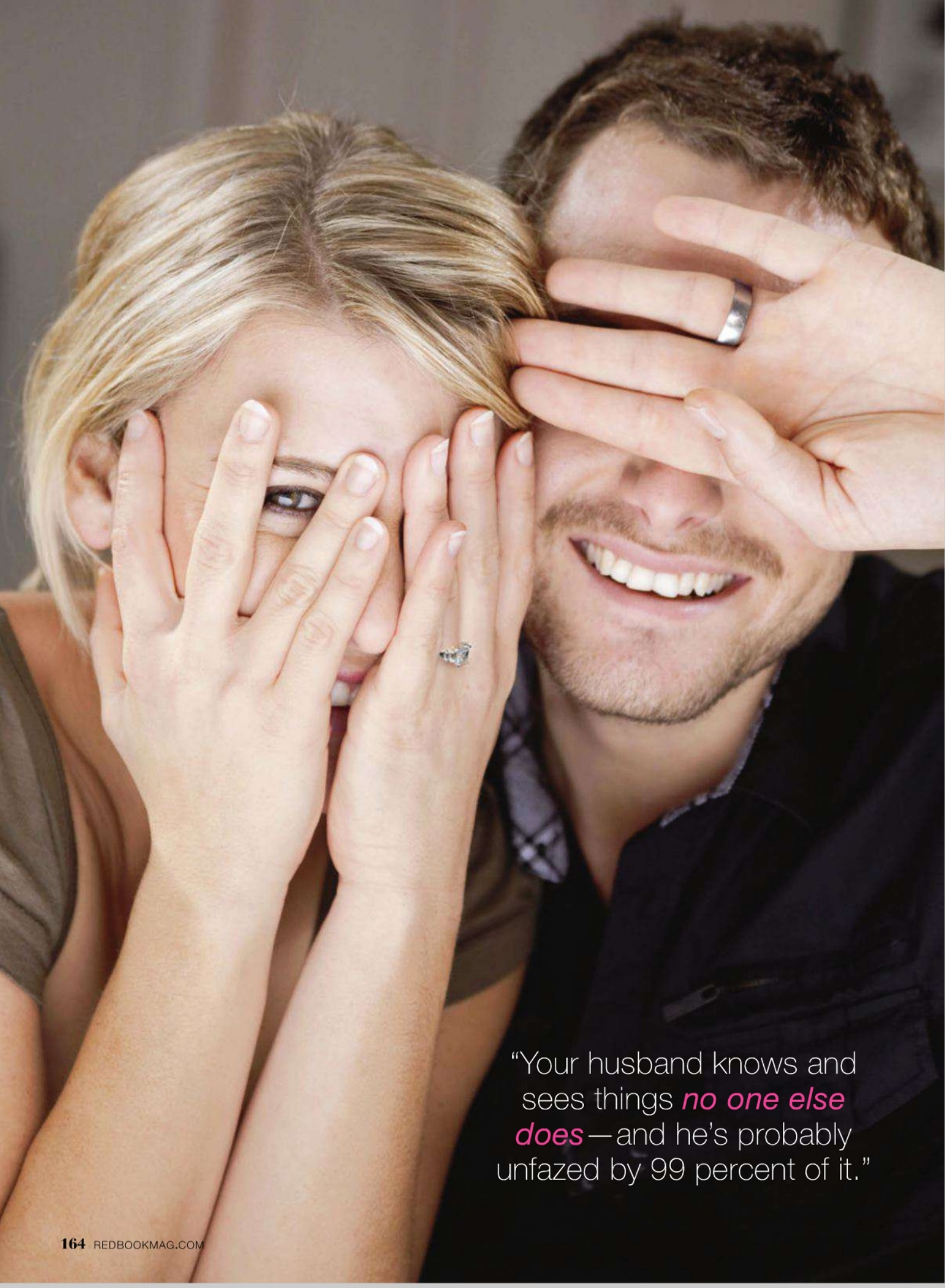
2 It helps you cope. Researchers from Keele University in the U.K. asked a group of volunteers to stick their hands into ice-cold water. Participants who yelled a stream of curse words felt less pain and were able to keep their hands underwater the longest.

3 It could save your life. According to the Framingham Offspring Study, women who forced themselves to stay quiet during marital arguments were four times more likely to die within the 10-year period they were observed. Get it off your chest, live longer, and get some hot make-up sex? Look out below, mama's about to blow!



Z Zone-out apps You are so totally right that spending hours playing video games will rot your kids' minds. But your mind is fully formed already, thankyouverymuch. Besides, who could blame you for checking out with Angry Birds, Word Mole, or Brick Breaker when you're waiting in the car at school pickup or in line at the grocery store? No one who knows what's good for them. Same goes for enjoying the other 25 things on this list—and you can tell 'em REDBOOK said so.





"Your husband knows and sees things *no one else does*—and he's probably unfazed by 99 percent of it."

Awkward marriage moments!

There are times you want to smile, wish your husband well, and back slowly out of the room (possibly into a getaway car). The good news: They happen to every happy couple. Read and relate, ladies. By Erin Zammett Ruddy

It was our first holiday as a married couple, and my husband, Nick, was walking into the kitchen at my parents' annual Christmas Eve party. He had a plate of food in one hand and a glass of wine in the other, and he lost his footing on the step and, well, *splat*. I should add that Nick is 6-foot-3 and about 220 pounds, so when he went down, the festivities came to a screeching halt. Nick bounced right up and laughed it off, but the awkwardness—and the image of him splayed out next to my mother's life-size drummer boys—lingered. It was the first time I ever felt embarrassed by my husband.

In the six years since, I've had plenty of these out-of-body, who-is-this-person-I'm-spending-my-life-with moments. Lest you think I'm cruel, I am sure his list of such moments would be even longer, and undoubtedly include doozies like, "When I see Erin tuck her postbaby belly flab into her underwear, I think, *Dayum, that ain't right*."

Sure, these embarrassing/ridiculous/pathetic encounters (which nobody talks about, but everyone has) chip away at some of the allure in a marriage, but they also reinforce just how intimate that bond is: Your husband knows and sees things *no one else does*, and he's probably unfazed by 99 percent of it. Feeling like a stranger in your relationship from time to time isn't strange at all—it's the stuff real-deal couples are made of. And often, as I learned from grilling dozens of them, it's kind of hilarious. Enjoy their stories, and prepare to feel, well, awkward.

Aging unbeautifully

When Michelle,* 34, met her 15-years-older husband, she thought the age gap was sexy. Now he's almost 50—and it's beginning to show. "The other day, the refrigerator door alarm went off for like two minutes, and he didn't budge," she says. "I was like, *Oh, my God, does he not hear that?! Uh oh...*" For the first time, she started to think of him as an old man. Fortunately, when she caught a glimpse of him dancing crazily with their kids later that night, she remembered why she fell in love with him in the first place, "rapidly multiplying gray hairs" and all.

A friend of mine who's gained some weight since her wedding a few years ago recently got stuck in her Spanx, and her husband literally had to peel them off her. "Slowly, every layer of my body—layers I keep hidden from everyone—was spilling out over the material, and there was nothing we could do but laugh," she says. "But later he told me I really shouldn't wear things I can't get in and out of myself, which I suppose is true!"

Is this gift returnable? Is my husband?

The year her husband got her a bike for Christmas, Tara, 31, cried—in front of her in-laws. "I'm a runner. I run every day. It's a huge part of who I am. So when my husband walked in with a bike, I was just overcome with this feeling that he didn't really know me," she explains. "And worse, I worried that he never would. I felt bad for upsetting him, but I had to ask where the idea came from." Turns out Tara's husband had recalled the two of them watching a commercial with a couple riding bikes, and,

*Some names have been changed.

COUPLE: STREETANGEL/GETTY IMAGES. WOMAN'S RING: LEW ROBERTSON/GETTY IMAGES. MAN'S RING: JENA CUMBO/GETTY IMAGES.

allegedly, Tara had said, "We should start riding bikes together." *Aww.* "It was such a great story and showed how much thought he'd put into the gift," says Tara. "But what's funny is that while I do remember seeing the commercial, I don't remember saying that! I didn't use the bike until the next summer, when I did a 45-mile ride with coworkers for charity. It was awesome. But sadly, that was the first and last time it's been ridden."

On our anniversary a few years back, my husband disappeared to run a few errands. Shortly after he returned, he casually said, "Oh, yeah, I have your present. Let me find it." When I opened the box and saw a so-not-my-taste, blinged-out horseshoe necklace, my first thought was, *Have we met?!* My second thought: *Dude, I know you bought this an hour ago, so maybe it won't hurt your feelings if I tell you I'll never wear it.* Of course, I feigned gratitude (I didn't want to ruin our day), but I knew we'd have to have The Talk, where I'd tell him that if he's going to duck out on a holiday to buy me cheesy, meaningless, overpriced mall jewelry (I saw the receipt—it cost $400!), I'd rather he just... not.

I love you, but you repel me!

Sometimes the awkwardness gets so unbearable you just have to leave the room. This is the case for Liz, 39, every time her husband does his "funny-sexy" dance. "He starts moving in on me with this weird booty shake and his tongue lolling out of the side of his mouth, and I think, *What the hell did I marry? Is this going to be happening for the rest of my life?*" she says. The last time he whipped out his moves—while Liz unsuspectingly sipped a glass of wine on the couch—she fled. "I think I might have actually jogged away, using gastrointestinal distress as an excuse. As I hid in the bathroom cringing, I realized he is going to be doing this dance for the rest of our lives. And I have to make peace with it, because it's part of who he is. If I can't laugh at it, where are we gonna be?" Now she just pours more wine when the music starts.

Alice, 42, had a similar experience at a karaoke bar while her husband belted out Neil Diamond's "Sweet Caroline." "He started pointing at me, much as a lounge singer might target a pretty lady in the audience," she says. The singing was bad enough, but the pointing made Alice want to die. "If I could have curled up like a hedgehog and rolled out of the bar, I would have," she says. Instead, she twitched and winced and averted her eyes until the song was over. "I was more than a little disturbed that I could be so repulsed by my beloved," she says. "But now I believe that this was, actually, a sign that we had grown. I was now close enough to my husband that I could get embarrassed for him."

Sam, 34, has a very naked husband, which took some getting used to, particularly when he exposed himself in a shocking new way one night. "I dropped an earring in our bedroom, and he ran out of the bathroom, grabbed a flashlight, got on his hands and knees, and with his nose to the floor began searching," she says. "It was definitely a sight—and an angle—I didn't need to see. And while I wanted to say, 'Whoa, whoa, whoa, put on some clothes,' I realized he was doing me a favor. He was my knight in shining... nothing."

"He started pointing at me, much as a lounge singer might target a pretty lady in the audience."



IMAGE SOURCE/GETTY IMAGES.

Mood killers

All married women have had that moment where he busts out a new move in bed and you think, *Huh? Really? Now?* "My husband recently crisscrossed his legs with mine and got all into it, and I was lying there wondering if I should tell him my foot was asleep or not," says Lauren, 33. "Eventually I gently tapped his shoulder and gave him a sweet but slightly pained 'This isn't working' look. He got the message and quickly switched it up. I'm dying to know where he got that move, but I don't want to embarrass him, so I haven't brought it up—yet."

Or try telling your husband you don't like the way he kisses—after five years together. "I love kissing my husband," says Janelle, 31. "But he has this habit of pushing out his bottom lip, and I wonder where the



rest of his mouth went. I used to think it was cute, but now it seriously annoys me." One night in bed, Janelle just blurted it out. "I snapped at him, which I'm not proud of, but I couldn't hold it in anymore! It was harsh, since we both agree kissing is a superimportant element in our sex life," she says. He looked crushed, then got defensive, then told her he wished she'd said something sooner. "It was very uncomfortable, but it also felt good to admit something so personal, even hurtful, and not have it be the end of the world," she says. "And he realized that I didn't want to stop kissing him; we just needed some new techniques. So far, so good!"

This, however, takes the cake for booty-related embarrassment: "My husband has a stronger libido than me, but I didn't realize how strong until I walked in on him taking care of himself in the shower—an hour after we'd had sex!" says Christina, 33. "I was a little confused—*Didn't we just have sex? Was it not good enough? What was the point?*—but then I felt bad for him, because when we were first dating, I was ready for it all the time too! If we were newlyweds it might have been a bigger issue, but after 12 years together, he wasn't even embarrassed. And I just told him to lock the door next time and do whatcha gotta do!"

"I wanted to say, 'Whoa, whoa, whoa! Put on some clothes!'"

The case for separate bathrooms

Nothing says "We must be in this for the long haul" like the first time you have a stomach bug in front of your significant other. "It's just not something you want to be a part of unless you've already said the in-sickness-and-in-health vow," says Taylor, 26, whose husband once had to borrow clothes for her to change into after a particularly mortifying bout of food poisoning at a friend's party. "I definitely felt closer to him after that, but it did blow away the illusion of bathroom privacy for good."

When Elizabeth, 41, had major back surgery, her husband had to bathe her, feed her, and, quite literally, wipe her butt. "Thankfully I was on a lot of pain medication, so I barely remember that part," she says. What she does remember: "I was a terrible patient, and he was kind and gentle and never made me feel awkward. I realized that he is way nicer to me than I am to him," she says. "I don't think I could handle being his caregiver. When he has a hair he wants me to pluck, I'm like, 'Ask the kids!'"

Speaking of stray hairs... Jeanine, 32, was in a hotel room getting ready for a wedding while her husband was—supposedly—downstairs at the bar. "The sink wasn't closed off from the rest of the room, but I was alone, so I figured it would be a good time to slather hair-remover cream not only on my upper lip but all over my neck and chin, where I occasionally see strays," she recalls. "All of a sudden I heard the door open, and my heart stopped. But rather than run from danger, I turned right toward it, leaving myself completely exposed to my husband." Jeanine screamed, ran into the shower, and hid behind the curtain. "Luckily, I am married to the greatest man in the world, and he started laughing hysterically and then turned on golf and kept his back to me while I wiped myself off and put on a robe," she says. Jeanine spent an extra long time on her makeup and hair and went straight for the bar at the cocktail hour, by which point, she says, "my husband was getting the color back in his face. We never spoke of the incident again."

I adore you, I swear

When Sarah, 44, brought her husband along on a business trip and they saw that the hotel had given them a room with two full-size beds instead of the king-size bed they'd requested, they didn't freak. Sad but true, says Sarah: "Instead of changing rooms, neither of us said a word—we each climbed into our own bed and got an amazing night's sleep, without elbows or dogs or kids in the way." In fact, at breakfast they laughed about their "incredible" night. "We weren't in the same bed, but we were definitely on the same page," she says.

Jill, 40, and her husband both forgot their anniversary last year, which is definitely an awkward milestone. "His mother called and asked us if we were celebrating, and I said, 'Celebrating what?' We just looked at each other and laughed. I couldn't get mad at him and he couldn't get mad at me, but it was kind of pitiful," she says. "He kept telling me how bad he felt, and I told him, 'Babe, no one died. We still love each other. And we think alike!' I actually felt lucky that we are at such a solid point in our relationship that we don't need to put emphasis on the anniversaries—and that we could share in that hilarious moment."

Jessica, 40, had a similar revelation when she showed her husband some old love letters he'd written to her. His response spoke volumes. "He said, 'Wow. I used to be so sweet!' Then... silence," she says. "All I could think was, *What happened to that gushy guy I married?*" She felt bummed for a minute, then got over it. "Our lives are so jam-packed now that we barely have time to *say* 'I love you,'" she says. "Hopefully we'll write letters again one day, perhaps when we're sitting in his-and-hers bathtubs like the couple in the Cialis ad."

In the meantime, it's not terrible to be able to look back on how romantic and in sync you and your husband once were and feel good, not lousy. If you can say, "Aw, that was fun!" and not, "What happened to us?" you're doing just fine. ❸

FUSE/GETTY IMAGES.

1 Dream Room,

COMBINE VINTAGE FUNKINESS WITH SOME SLEEK, MODERN PIECES AND WHAT



Designer tips

1 Wall paneling crafted of vertical boards makes the room seem taller; just stick with a light hue so there's not a sharp line where the ceiling begins. 2 French doors don't need to have tons of panes: You'll get more light with big, simple sheets of glass. Put plants right outside and you'll barely feel like you're indoors. 3 Don't go too crazy trying to match your throw pillows. A little variety (like the plaid, striped, and botanical fabrics here) lends character. 4 Just a few flowers add a welcome dash of color. A bowl of citrus fruit works too! 5 If your floors aren't naturally dark, consider staining them to get a deep, glossy look that makes a light rug and furniture pop.

"The first thing we did was upholster the sofa in acid-green wool: It set the whole tone," says designer Gray Davis of the living room in the home he shares with set producer Chase Booth, featured in the book *Undecorate* by Christiane Lemieux.

18 Real Ideas

DO YOU GET? THE PERFECT PLACE TO ZONE OUT ON A LAZY SUMMER DAY.



MELANIE ACEVEDO

Get a space *this* gorgeous... for less!

Dream Room



Clean white, rich wood, and glossy marble **set a crisp tone**—happy shades of blue and green make it **charming**.

6 **Tall, skinny table lamps** have a slick style that sharpens up the mood. Lite Source Polo Brown table lamp, $89; bellacor.com. 7 **Mirrors that mimic windows** will make your room seem more open, especially if your windows aren't ginormous. Isabella oval mirror, $169; ballard designs.com. 8 **A marble tabletop** is easy to wipe down and hard to crack. Smart coffee table, $299; cb2.com. 9 **Nobody will know these binoculars** weren't handed down from your great, great, *great*-grandpa. Victorian binoculars and tripod, $149; frontgate.com. 10 **This wire bowl** feels almost like a cool piece of sculpture. Gold Dot wire bowl, $130; lazysusanusa.com. 11 **An L-shaped sofa** lets both of you stretch out. Plus, the easy-clean acrylic-blend fabric means no stressing over spills. Clarke L-shaped sectional in Dustin Moss, $3,198; roomandboard.com. 12 **This pretty little pillow** livens up a seat. Paper Cloud Pillows buds pillow, $58; designpublic.com. 13 **The glossy lacquer finish on this table** contrasts nicely with a more country-style decor. Crossings console table, $379; crateandbarrel.com. 14 **An elephant with a raised trunk** brings good luck. Hey, we'll take it! Ceramic planter, $59.95; pier1.com. 15 **A striped rug** incorporates another pattern without dominating the room. 9x12-foot Blue Awning Stripe woven cotton rug, $414; dashandalbert.com. 16 **Use this carved stool** to rest your drinks on. Morph stool, $198; chiasso.com. 17 **This plush white chair** has a removable cover—handy for dry-cleaning. Ikea Stockholm 1.5-seat armchair, $599; ikea.com. 18 **Hide remotes** or decks of cards in here! Domino box, $39; wisteria.com.

COURTESY OF MANUFACTURERS (13).



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GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



The **best** burgers on the block

Make that on the *planet*. Be careful—these brilliant, **bun-busting** creations may cause a mob scene around your grill. Plus: 2 speedy dinners for prime **tomato season.** ● The best **margarita mixes.** ● Rocco DiSpirito's sexy **slim-down** secrets.

Photographed by Con Poulos Recipes by Frank P. Melodia

FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS.

(from previous page)

Steak-house sliders with mushrooms and blue cheese

Prep time: 20 minutes
Cooking time: 20 minutes

- 1 lb ground beef sirloin
- 1/2 lb ground beef chuck
- 2 tsp *each* Dijon mustard and Worcestershire sauce
- 1 tsp chopped thyme leaves
- 1 1/2 tsp garlic paste (or 3/4 tsp fresh garlic crushed through a garlic press)
- 1/2 tsp *each* kosher salt and freshly ground black pepper
- 2 Tbsp butter
- 1 large onion, cut into thin strips
- 1 (8-oz) package sliced fresh cremini mushrooms
- 1/3 cup dry white wine
- 8 slider buns, split
- 3 Tbsp creamy mustard spread (such as Dijonnaise)
- 1 cup baby arugula
- 3 oz creamy blue cheese or Gorgonzola cheese, cut into small pieces

1. In a large bowl, gently combine ground sirloin, ground chuck, mustard, Worcestershire sauce, thyme, 1/2 tsp of the garlic paste (or 1/4 tsp of the fresh garlic), salt, and pepper. Form into eight 2 1/2-inch-diameter patties of equal thickness; refrigerate.

2. Melt butter in a large skillet over medium high heat. Add onions and sauté for 4 minutes or until translucent. Add mushrooms and sauté for 4 more minutes. Stir in remaining garlic. Deglaze skillet with wine; let wine cook down until almost evaporated. Remove pan from heat and keep it warm.

3. Prepare an outdoor grill with a medium-hot fire (or heat a stovetop grill pan over medium heat). Toast buns on grill 1 to 2 minutes, until lightly toasted. Grill sliders 2 to 3 minutes per side for medium-rare doneness.

4. Spread bun bottoms with Dijonnaise, then top with arugula and sliders. Spoon the mushroom mixture over each slider and top with blue cheese and bun tops.

Makes 4 servings. Each serving: 614 cal, 28 g fat, 47 g protein, 43 g carb.



Lamb-feta burgers with tzatziki

Prep time: 20 minutes
Cooking time: 15 minutes

Tzatziki

- 1 cup grated seedless cucumber
- 1/2 cup nonfat Greek yogurt
- 1 tsp garlic paste (or 1/2 tsp pressed fresh garlic)
- 1/2 tsp grated lemon zest, plus 1 Tbsp lemon juice
- 1/4 tsp *each* kosher salt and black pepper

Lamb-feta burgers

- 1 1/4 lb lean ground lamb
- 3 oz feta cheese, finely diced
- 2 Tbsp *each* grated fresh onion and chopped fresh oregano leaves
- 1/2 tsp garlic paste (or 1/4 tsp pressed fresh garlic)
- 1/2 tsp *each* kosher salt and black pepper
- 1 *each* small zucchini and yellow summer squash, cut lengthwise into 4 (1/4-inch-thick) slices
- 8 (4-inch) pita breads
- 4 *each* butter lettuce leaves and thin tomato slices

1. Tzatziki: Combine all ingredients in a small bowl.

2. Burgers: In a large bowl, gently combine lamb, feta, onion, oregano, garlic paste, salt, and pepper; form into 4 (1-inch-thick) patties. Refrigerate burgers.

3. Prepare an outdoor grill with a medium-hot fire (or heat a stovetop grill pan over medium heat). Lightly coat burgers and squash slices with olive oil cooking spray. Grill burgers 9 minutes, turning once or twice, for medium-rare doneness. Grill squash slices 2 minutes per side, until tender, and pita breads 1 to 2 minutes, until lightly toasted.

4. To assemble, place lettuce and tomato slices on half of the pitas, then top with a burger, some tzatziki, and grilled squash slices. Top with remaining pita. Serve with extra tzatziki on the side.

Makes 4 servings. Each serving: 434 cal, 14 g fat, 37 g protein, 39 g carb.



Pork and chorizo burgers

Prep time: 20 minutes
Cooking time: 20 minutes

Romesco mayo
- 1/3 cup low-fat mayonnaise
- 2 tsp *each* tomato paste and fresh lemon juice
- 3/4 tsp *each* smoked paprika and garlic paste (or 1/2 tsp pressed fresh garlic)
- Ground black pepper

Burgers
- 3 oz dried spicy chorizo sausage, papery casing removed, cut into 1-inch chunks
- 1 lb lean ground pork
- 3 Tbsp chopped flat-leaf parsley
- 2 Tbsp finely minced shallot
- 1 tsp ground cumin
- 3/4 tsp kosher salt
- 4 brioche hamburger buns, split
- 8 scallions, trimmed to 4-inch lengths
- 4 (1-oz) slices Monterey Jack cheese
- 4 frisée lettuce leaves

1. Romesco mayo: Stir ingredients in a small bowl until blended.
2. Burgers: Pulse chorizo in a food processor until crumbly; transfer to a large bowl. Add pork, parsley, shallots, cumin, and salt to chorizo. Mix gently but thoroughly (be careful not to overwork the mixture). Shape into four (1-inch-thick) patties. Refrigerate burgers.
3. Prepare an outdoor grill with a medium-hot fire (or heat a stovetop grill pan over medium heat). Grill buns 1 to 2 minutes, until toasted.
4. Spray scallions with olive oil cooking spray; grill 4 to 5 minutes. Grill burgers 5 to 6 minutes per side, until cooked through. During the last 2 minutes of grilling, place cheese slices on top of patties and cook until cheese starts to melt.
5. To assemble, spread cut sides of buns with Romesco mayo. Line bun bottoms with lettuce. Top with burgers and grilled scallions.

Makes 4 servings. Each serving: 663 cal, 28 g fat, 47 g protein, 53 g carb.



Mediterranean Back Ribs
with Pomegranate Sauce

INGREDIENTS

5 lbs. back ribs
1 tbsp. kosher salt
1 tsp. fresh ground black pepper
16 oz. bottle 100% pomegranate juice*
⅔ c. ketchup
1 tbsp. molasses
1 tbsp. soy sauce
2 scallions, white and green parts, chopped
2 garlic cloves, minced

DIRECTIONS

Season ribs with salt and pepper. Charcoal: prepare an indirect medium-hot fire with drip pan in the center. Gas: heat grill to medium and turn off burners directly below where ribs will go. Lightly oil cooking grate. Place ribs over indirect heat (over drip pan or unlit burner). Close grill hood and cook until ribs are tender, about 1 ½ to 2 hours. (If using charcoal, add more charcoal briquettes to fire, if necessary, to maintain grill temperature of about 325-350° F.)

Meanwhile, bring pomegranate juice to a boil in a medium saucepan over high heat. Boil until thickened and reduced to ⅓ cup, about 15 minutes. Stir in ketchup, molasses, soy sauce, scallions and garlic. Bring to a simmer. Cook, stirring often, until slightly thickened, about 5 minutes.

During last 20 minutes of cooking ribs, baste ribs with sauce. Ribs are done when meat pulls away from the bone.

*May substitute with ⅓ c. red currant jelly and 1 tbsp. cider vinegar.

Serves 6 (4-rib slab per serving)

pork
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BURGER HEAVEN



Shrimp burgers with mango-avocado salsa

Prep time: 25 minutes
Cooking time: 10 minutes

Mango-avocado salsa

- 1 small ripe mango, pitted, peeled, and diced
- 1 small firm-ripe Hass avocado, pitted, peeled, and diced
- ¼ cup diced red bell pepper
- 2 Tbsp diced red onion
- 1½ Tbsp *each* fresh lime juice and chopped cilantro
- ¼ tsp *each* kosher salt and black pepper

Burgers

- 2 slices white sandwich bread, torn into pieces
- 1½ lb peeled and deveined shrimp, chilled
- 2 Tbsp *each* coarsely chopped cilantro and snipped fresh chives
- 1 tsp garlic paste (or ½ tsp pressed fresh garlic)
- ¼ cup *each* finely diced radish and celery
- 2 Tbsp low-fat mayonnaise
- 1 tsp grated lemon zest, plus 1 Tbsp lemon juice
- ¾ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 4 whole-wheat sesame hamburger buns
- 1 cup mixed salad greens

1. Salsa: Combine all ingredients in a bowl.
2. Burgers: Pulse bread in a food processor until fine crumbs form; transfer to a bowl. Add shrimp, cilantro, chives, and garlic paste to food processor and pulse until shrimp are finely chopped and form a chunky paste (do not puree—make sure to leave some texture).
3. Add shrimp mixture to breadcrumbs along with radish, celery, mayo, lemon zest and juice, salt, and pepper; stir to combine. With moistened hands, gently shape 4 burgers, about 1 inch thick. Refrigerate burgers.
4. Prepare an outdoor grill with a medium-hot fire (or heat a stovetop grill pan over medium heat). Spray burgers on both sides with cooking spray. Grill 3 to 4 minutes per side, until golden and just cooked through in centers. Toast buns on grill 1 to 2 minutes. Put salad greens on bun bottoms and top with burgers. Spoon salsa over burgers and cover with bun tops. Serve with remaining salsa.

Makes 4 servings. Each serving: 390 cal, 12 g fat, 34 g protein, 39 g carb.



Be amazing

Mediterranean Back Ribs
with Pomegranate Sauce

Fire up the grill and get ready for a taste sensation. These pork back ribs are sweet, saucy and – yes – amazing. Discover your next great grilling idea at PorkBeInspired.com

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+

FILL CAN 2/3 WITH SAUZA® SILVER

+

1/3 CAN OF DEKUYPER® STRAWBERRY LIQUEUR

+

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LOOKING FOR A LIGHTER OPTION?
Swap soda water for the champagne and 2 cups of sliced strawberries for the strawberry liqueur.



BURGER HEAVEN



Grilled portabella burgers with pesto mayo

Prep time: 15 minutes
Cooking time: 6 minutes

- 1½ Tbsp extra-virgin olive oil
- 1 tsp garlic paste (or ½ tsp pressed fresh garlic)
- ¼ tsp *each* kosher salt and black pepper
- 4 (4-inch) portabella mushrooms, stems removed, gills scraped from beneath caps
- 2 Tbsp *each* basil pesto and reduced-fat olive oil mayonnaise (we like Kraft's)
- 1 tsp fresh lemon juice
- 8 (¼-inch-thick) slices fresh mozzarella cheese
- 4 sandwich-size English muffins, split, toasted
- 4 butter-leaf lettuce leaves
- 2 jarred roasted bell peppers, quartered

1. Heat an outdoor grill with a medium-hot fire or heat a stovetop grill pan over medium heat. Combine olive oil, garlic paste, salt, and pepper; lightly brush mixture over mushrooms.
2. Stir pesto, mayonnaise, and lemon juice in a bowl until smooth.
3. Grill mushroom caps about 3 minutes per side, until tender, placing two slices of cheese on top of each mushroom during the last minute of grilling.
4. Spread cut sides of muffins with pesto mixture. Line muffin bottoms with lettuce leaves. Place mushrooms over lettuce, then top with roasted peppers and muffin tops.

Makes 4 servings. Each serving: 411 cal, 20 g fat, 16 g protein, 45 g carb.

Find mouthwatering sides for burgers at redbookmag.com/recipefinder.

7PM: "I HEARD SOME OFFICE GOSSIP."

10PM: "I AM THE OFFICE GOSSIP."





SIMPLE RECIPES ON f

SAUZA MARGARITAS

LADIES NIGHT IN. SEE WHAT POURS OUT.

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Let's *all* say tomato! You waited and waited for tomato season, so live it up with these fast, fresh, perfect-tasting meals.



4 large beefsteak tomatoes, plus 1 cup cherry tomatoes, halved



1 (5-oz) box basil-and-herb pearled couscous



2 Tbsp fresh lemon juice



2 oz Parmesan cheese, crumbled



1 oz prosciutto, shredded



1/4 cup pine nuts, toasted

Couscous-stuffed tomatoes

1. Cook couscous according to package directions.

2. In a medium bowl, whisk 1 Tbsp olive oil, the lemon juice, and ½ tsp *each* kosher salt and freshly ground pepper to make vinaigrette.

3. Scoop out beefsteak tomatoes and discard the seedy parts; sprinkle insides with coarse salt.

4. When couscous is done, add it to the vinaigrette and toss to combine. Add cherry tomatoes, Parmesan, prosciutto, and pine nuts; continue to toss. Spoon mixture into tomatoes. Garnish with fresh basil and serve with flatbread crackers.

Makes 4 servings. Each serving: 330 cal, 14 g fat, 16 g protein, 38 g carb.





2 *each* red and yellow beefsteak tomatoes, sliced, plus 1 cup cherry tomatoes, halved



2 Tbsp white balsamic or regular balsamic vinegar



2 to 3 oz feta cheese, crumbled



12 pitted kalamata olives, halved



2 cups baby arugula

Summer tomato Greek salad

1. In a bowl, whisk 2 Tbsp olive oil, vinegar, and ½ tsp *each* kosher salt and freshly ground pepper. Add cherry tomatoes to the dressing.

2. Arrange beefsteak tomato slices on a serving plate. With a slotted spoon, scatter cherry tomatoes on top. Sprinkle tomatoes with feta cheese and olives. Toss arugula with remaining dressing in bowl, then scatter arugula on top of salad. Serve with grilled Italian bread.

Makes 4 servings. Each serving: 180 cal, 14 g fat, 4 g protein, 13 g carb.

—RECIPES BY BARBARA CHERNETZ



PHOTOGRAPHED BY CON POULOS. FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS. PINE NUTS, BALSAMIC: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. FOOD STYLIST: MATT VOHR FOR HALLEY RESOURCES. ARUGULA: J. MUCKLE/STUDIO D. LEMONS, PARMESAN, FETA: ISTOCKPHOTO.COM. OLIVES: STOCKFOOD.

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Totally yummy cheesecake We copied the Cheesecake Factory's chocolate raspberry dessert. The only thing missing: 760 calories!



WAIT! DON'T ORDER THIS…

The Cheesecake Factory's Chocolate Raspberry Truffle cheesecake
1,090 CALORIES
45 grams of saturated fat

SWEET DEAL
We slashed 35 grams of artery-clogging saturated fat from this cake by making our crust with egg whites instead of butter and subbing low-fat sour cream and cream cheese for full-fat versions.

REDBOOK's chocolate raspberry cheesecake

Crust
- 8 sheets chocolate graham crackers, finely crushed (1 cup)
- 1 large egg white, lightly beaten

Filling
- 1/2 cup unsweetened cocoa powder
- 1 1/3 cups sugar
- 4 Tbsp all-purpose flour
- 1 oz semisweet chocolate, grated
- 24 oz reduced-fat cream cheese
- 8 oz fat-free sour cream
- 3 large eggs (room temperature)
- 1 tsp *each* vanilla and chocolate extract
- 1 cup fresh raspberries

Drizzle
- 1/2 oz semisweet chocolate
- 1 1/2 tsp unsalted butter

1. Heat oven to 350°F. Coat a 9-inch springform pan with nonstick cooking spray. In a small bowl, combine graham-cracker crumbs and egg white; press into bottom of prepared pan. Bake 6 minutes; cool.
2. In a small bowl, combine cocoa powder, 1/3 cup of the sugar, 3 Tbsp of the flour, and grated chocolate. In a food processor, mix cream cheese, sour cream, eggs, and remaining 1 cup sugar until smooth. Add cocoa mixture and vanilla and chocolate extracts to cream cheese mixture; blend until smooth.
3. Toss raspberries in remaining 1 Tbsp flour, then fold into filling. Pour filling into crust in pan. Bake 60 minutes, until center is barely set. Cool at room temperature, then cover and refrigerate overnight.
4. In a small microwave-safe bowl, melt semisweet chocolate and butter; whisk until smooth. Drizzle over cake.

Makes 12 servings. Each serving: 332 cal, 17 g fat, 10 g saturated fat, 10 g protein, 37 g carb.



Restaurant redo
ONLY 332 CALORIES
10 grams of saturated fat

MAKE IT HEALTHIER **AT HOME!**

PHOTOGRAPHED BY CON POULOS. FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS. INSET: BC PHOTOGRAPHY. RECIPE BY BARBARA CHERNETZ.



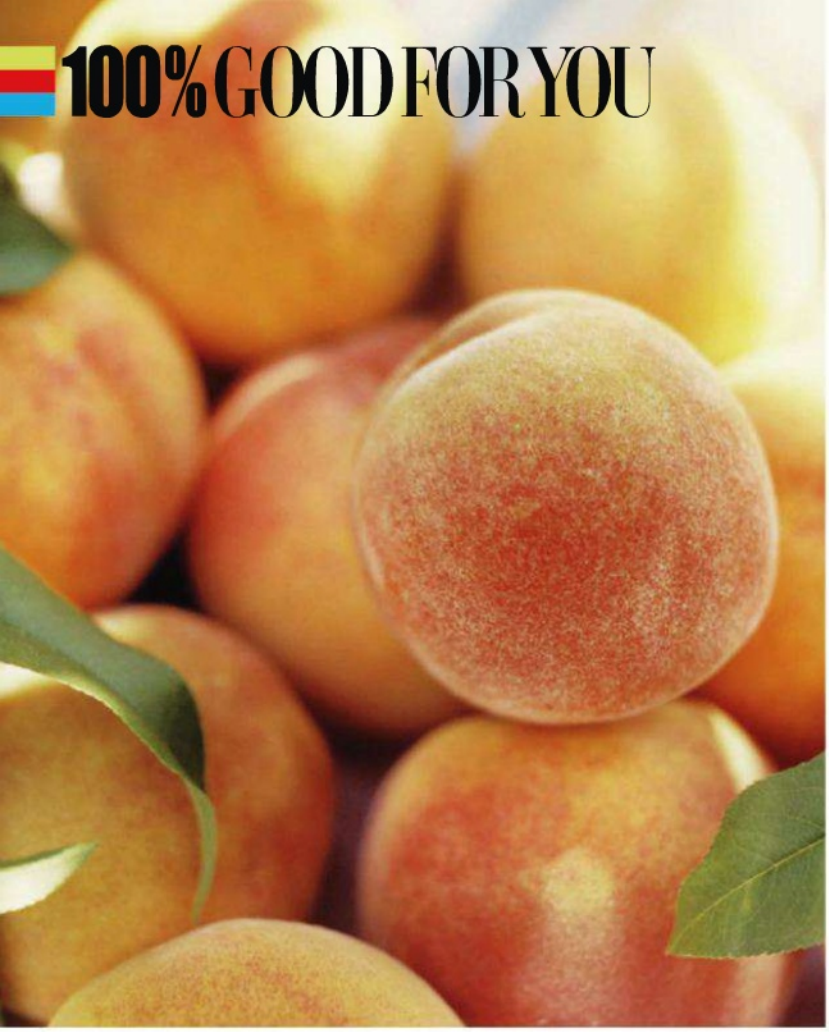
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it's time for real sandwiches

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100% GOOD FOR YOU



AUGUST'S SUPERFOOD: PEACHES

Peaches—they're good for your melons! All right, bad joke, but some research has shown that antioxidants called polyphenols, found in peaches, may help prevent breast cancer. And with 2 grams of fiber and only 60 calories each, peaches are a perfect summer snack. Look for local ones (they're grown in 47 states, May through October) and go organic if you can: Peach fuzz can help protect the fruit against bugs, but it can also collect pesticide residue, says Brooklyn, NY–based chef and registered dietitian Jackie Newgent. If the peaches you buy are hard when you bring them home, let them ripen on the counter, then pop them in the fridge. Chop them and add to salsa, brush with vegetable oil and grill and serve with meat, or slice thin and add to iced tea. —NICOLE YORIO

THE BEST LOW-CAL **MARGARITAS**

It's time to start a new tradition in your office: Margarita Monday. We did it and felt zero guilt, thanks to a slew of new slimmed-down mixes. (A traditional marg can have 500 calories.) Try one of these staff favorites—or our original recipe, below.

DRINK	SCORE	CALORIES	REVIEWS	PRICE
 Skinnygirl Margarita	★★★★	100 per 4 ounces	"Nice and tangy, with a good solid kick." And because it's made with agave nectar instead of artificial sweetener, it's "not overly sweet."	**$14.99**, at liquor stores nationwide
 Jose Cuervo Authentic Light Margarita	★★★	90 per 4 ounces	It's a little sweet, but "add a salt rim and ice and I'm set," said one tester. "It reminds me of the margaritas at my local Mexican restaurant."	**$14.99**, at liquor stores nationwide
 Zilch Margarita Mix	★★	0 per packet, plus 64 per ounce of tequila	This was the only zero-calorie mixer (out of many) that we liked. "It tastes like lemonade," so add some fresh-squeezed limes for a stronger 'rita flavor.	**$4.99** for 10 single-serving packets (not including tequila), at zilchmixers.com

DITCH THE DINNER MUSIC, LOSE WEIGHT

In a study, Irish researchers found that people listening to loud music consumed twice as many calories as those who turned the tunes way down. "Music triggers emotions, so you overeat because you focus on feelings instead of food or fullness," says Nanette Stroebele, Ph.D., an assistant professor at the University of Colorado, Denver, who has studied music and appetite. Other research shows that fast music increases intensity of chewing, which can have you gobbling up more food faster, Stroebele says. Slow, calm music is no better—it causes diners to linger and drink more alcohol. So go ahead and play the new Adele album throughout the other 14 hours of your day, but do your body a favor and turn it off during dinner. —GINA ROBERTS-GREY

REDBOOK'S SLIM STRAWBERRY MARGARITA



Our absolute fave? This 150-calorie sip from REDBOOK's Mommy Mixologist, Kim Haasarud: In a cocktail shaker, muddle 2 strawberries, 1 oz lime juice, and 1 oz sugar-free syrup, such as Monin Sugar Free Triple Sec Syrup. Add 1½ oz tequila, ½ oz Grand Marnier, and ice. Shake, pour into a glass, and say "Cheers!"

FROM TOP: CAROLINE KOPP/GETTY IMAGES, COURTESY OF MANUFACTURER (3), CHRIS ECKERT/STUDIO D.









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HUNGRY GIRL'S FOOD FIX

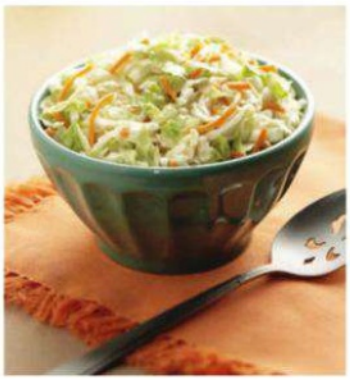
A slimmer summer BBQ

Burgers *seem* sinful, but it's the mayo-laden sides at a cookout that really derail you. Try these smart recipes from Hungry Girl Lisa Lillien instead.



CREAMY DREAMY MACARONI SALAD You can have a heaping cup for only 130 calories; classic mac salad is double that. **MAKE IT:** Cook 3 oz (about ¾ cup) elbow macaroni according to package directions. Drain and cool. • In a medium bowl, whisk together 3 Tbsp fat-free mayo, 2 Tbsp Dijon mustard, 2 tsp white vinegar, a dash each of salt and black pepper, and 1 tsp granulated sugar. • Place cooled macaroni in a large bowl with 1 cup broccoli slaw (or shredded broccoli stems), ½ cup chopped celery, ½ cup chopped red bell pepper, 2 Tbsp chopped onion, 1 Tbsp sweet relish, and 3 large hard-boiled egg whites, chopped. • Add dressing and toss to coat. • Refrigerate until chilled. • Makes 4 servings, 1 heaping cup each.

SLAMMIN' SLAW A 1-cup serving of standard coleslaw has about 400 calories and 30 grams of fat. This one's just as tangy and yummy, at about 75 calories and ½ gram of fat. **MAKE IT:** In a large bowl, mix ¼ cup fat-free mayo, ¼ cup fat-free sour cream, 2½ Tbsp seasoned rice vinegar, 1 Tbsp granulated sugar, 1 tsp Dijonnaise, and ¼ tsp seasoned salt. • Add a 16-oz bag of coleslaw mix (or 6 cups of shredded cabbage) and toss to coat. • Cover and refrigerate for at least three hours for dressing to set. • Makes 4 servings, about 1 cup each.





DEVILISH EGGS The real devil in traditional deviled eggs is the fatty yolk—eat a measly three and you'll rack up almost 200 calories. This sneaky cauliflower trick lets you gobble five pieces for a slim 99 calories and 2½ grams of fat. **MAKE IT:** Place 2 cups roughly chopped orange cauliflower (if you can't find orange, use white cauliflower and add some yellow food coloring) in a large, microwave-safe bowl, along with ⅓ cup water. • Cover and nuke until soft, 6 to 8 minutes. Drain, mash with a fork, and transfer to a blender. • Add ¼ cup fat-free mayo and puree until just blended. • Pour into a mixing bowl and add 3 wedges of Laughing Cow Light Creamy Swiss cheese, 1 Tbsp sweet relish (patted dry), 2 tsp minced shallots, and 1½ tsp yellow mustard. • Stir until smooth and season to taste with salt and pepper. • Chill for 1 hour. • When ready to serve, distribute cauliflower filling among 10 boiled egg whites, halved (toss the yolks), and sprinkle with paprika. • Makes 4 servings, 5 pieces each.

Ask Hungry Girl

"I'm bored with green salads. Got any low-cal dressing or topping ideas to spice things up?" —ELIZABETH ALFONSI, CHERRY HILL, NJ



I'm with you on this one. Nothing's sadder than a plate of plain greens. One way to make a salad instantly more interesting is to add crunch. Slivered almonds go with everything, have filling fiber, and contain only 40 calories per Tbsp. For an Asian chicken salad, I add almonds and Fiber One Original Bran Cereal instead of crispy fried noodles. The cereal is crunchy and slightly sweet, and has 30 calories per ¼ cup. For barbecue chicken salad, I crush Barbeque Popchips to sprinkle on top. And when I want something Southwestern, I go for Guiltless Gourmet Chili Lime Chips on top, plus a fruity salsa instead of dressing. I like Pace's Pineapple Mango Chipotle Salsa—it's got just 20 calories per 2-Tbsp serving, compared with about 150 for something like ranch dressing.

Hungry for more? Get low-cal recipes and eating ideas sent directly to your inbox by signing up for Lisa's newsletter at hungry-girl.com.

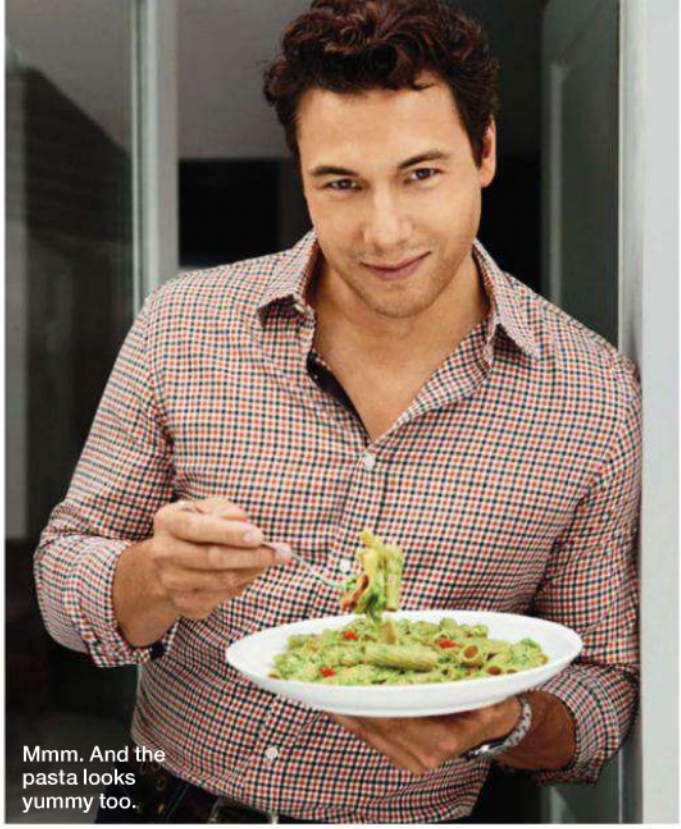
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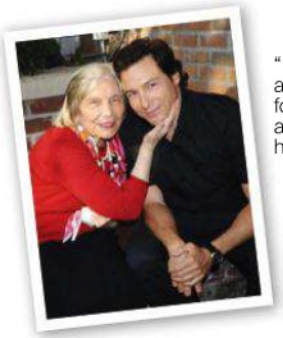
WHAT I KNOW ABOUT FOOD

Rocco DiSpirito

The very buff chef and author of *Now Eat This! Diet* sounds off on healthy living and happy eating.



Mmm. And the pasta looks yummy too.



"My mother, grandmother, aunts, and uncles were like food royalty to me when I was a child," says Rocco, pictured here with his mom in 2009.

I come from a foodie family. I remember living in Queens, NY, and watching my family jar tomatoes, preserve eggplants, and wrap up fig trees in burlap bags and put them away for winter. We would visit relatives in Long Island who had blackberry trees; the whole family held a sheet underneath to gather the berries. There were so many cool moments around harvesting and cultivating food.

I was scared into getting healthy. When I went for a physical in 2008, my doctor told me that my cholesterol and blood pressure were creeping up. He gave me my options: medication or diet and exercise. I thought, *Why don't I do the harder, smarter thing?* A year later, I was 30 pounds lighter. I exercised and learned to make healthier versions of my favorite foods. For me, it was all about changing my mind-set that *delicious* and *healthy* were mutually exclusive.

Nothing beats bacon. I spent years adding bacon to just about every dish: vegetables, fish, sauces, and vinaigrettes. Unfortunately, it's full of cholesterol, so now I use bacon bits as a healthy alternative. I use this other technique for adding flavor without adding fat: Microwave a peeled onion for 10 minutes, then blend it, and you get a puree that thickens soups, sauces, and vinaigrettes—for very few calories.

People just want a slice and a smile. When I was 11, I got my first job, at Sutphin Pizza in Queens. On my first day, I realized that all I had to do was fill customers' soda cups, cut the pizza evenly, smile, and give them the right change—and everyone would be happy. I fell in love with the idea that I could be the nice part of someone's day. —AS TOLD TO NICOLE YORIO



"The most overrated cooking technique: foams. An awful lot of extra effort goes into making them when a simple sauce tastes just as good."



"[In 2002] I was named *People* magazine's sexiest chef. For a while I walked around with the magazine in my pocket and showed everyone. I'm kidding! It was embarrassing."



"One of the first foods I made over was lobster bisque. I spent a summer creating a low-calorie version that's as delicious as the real thing." (Get his recipe at redbookmag.com/rocco.)



"Here's how you know I really love my mother. Because of her health, she can only eat food that's very soft; I pride myself on making a perfect risotto, but I'll cook the hell out it so my mom can enjoy it."

4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

PARMIGIANO-REGGIANO



"I love this type of cheese—especially because it has such a strong flavor, so you can use less."

AVOCADO



"It's one of my favorite snacks: I halve it and season it with soy sauce, sesame seeds, and lemon juice."

HOT SAUCE



"I put hot sauce on just about everything: eggs, pasta, pizza, steak, fish."

FRESH ITALIAN PARSLEY



"There's no dish—other than chocolate mousse—that won't be improved by fresh herbs."

CLOCKWISE FROM TOP RIGHT: COURTESY OF SUBJECT, HENRIK FREEK/GETTY IMAGES, KATE MATHIS/GETTY IMAGES, ISTOCKPHOTO.COM (3), EDWARD POND/GETTY IMAGES, HARRY LEUTWYLER/CONTOUR, FOODPHOTOGRAPHY EISING/GETTY IMAGES, WIREIMAGE/GETTY IMAGES.

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SHOP THE ISSUE

5 TRICKS FOR... SMOOTH (NOT STUBBLY) SKIN

PAGE 68: Kiehls Ultimate Brushless **Shave Cream** Blue Eagle, $19; kiehls.com. For more information on **Vaniqa**, visit vaniqa.com. Completely Bare Not Feeling It **cooling spray**, $22; completely-bare.com.

BEAUTY CALL

PAGE 70: MAC Fluidline **eyeliner**, $15; maccosmetics.com. Robert Ramos **Volumizer**, $31; robertramos.com. Chanel **Blush Duo** Tweed Effect, $45; chanel.com.

PRETTY SMART

PAGE 73: Kérastase **Mousse Substantive**, $39; kerastase-usa.com. Avon Ideal Flawless Invisible Coverage **Liquid Foundation**, $11; avon.com. Vincent Longo Perfect Shine V **Gloss**, $22; vincentlongo.com. Little Green Baby **Shampoo & Body Wash**, $15; littlegreencares.com for locations. Victoria's Secret Hypnotic Beauty Deluxe **Eye Palette**, $26; Victoria's Secret, victoriassecret.com. Vera Wang Lovestruck **eau de parfum**, $68; department and specialty stores. Thymes Bergamot Vert AHA **Body Lotion**, $24; thymes.com. Essie **Nail Polish**, $8; essie.com.

Q & TRIPLE A

PAGE 76: B. Kamins **Blemish Gel** 5%, $26; bkamins.com. Origins Zero Oil Instant Matte Finish **lotion**, $12.50; origins.com. DDF Sulfur Therapeutic **Mask**, $38; ddfskincare.com. MAC Blot **Powder Pressed**, $23; maccosmetics.com.

HEALTH AND BEAUTY PERKS OF SUMMER

PAGES 150–151: Gianni Bini bandeau **top**, $49, and hipster **bottom**, $55; Dillard's.
PAGE 152: Clinique Sun SPF 50 **Body Cream**, $21; clinique.com. Loft **suit**, $70; loft.com.
PAGE 154: Roxy bikini **top**, $34, and **boardshort**, $42; Roxy.
PAGE 155: Lemlem **tunic**, $175; lemlem.com.

SUMMER'S GUILTY PLEASURES A TO Z

PAGE 158: (Glosses, from top) Yves Saint Laurent Golden **Gloss** in No. 19 and No. 41, $30 each; yslbeautyus.com. Clinique Long Last **Glosswear** in Clearly Pink, $14; clinique.com. MAC **Glamglass** in Famously Fab, $14.50; maccosmetics.com. Elf Glossy **Gloss** in Funky Fuchsia, $3; eyeslipsface.com. Vincent Longo Perfect Shine V **Gloss** in Sexty, $22; vincentlongo.com. Elf Glossy **Gloss** in Wilo Watermelon, $3; eyeslipsface.com. Clinique Long Last **Glosswear** in Kissyfit, $14; clinique.com. MAC **Glamglass** in Style-Packed, $14.50; maccosmetics.com. Clinique Long Last **Glosswear** in Cabana Crush, $14; clinique.com. Nars **Lip Gloss** in Pirée, Place Vendôme, and Coeur Sucré, $24 each; narscosmetics.com. Revlon Super Lustrous **Lipgloss** in Pink Pop and Coral Reef, $6.99 each; drugstore.com.
PAGE 159: Lindsay Phillips **flip-flops**, $24; lindsay-phillips.com. FlipOut **sandals**, $19.99, and **butterfly clip**, $24.99; shop.flipoutsandals.com. Oka B. **flip-flops**, $30; shoesthatloveyou.com.
PAGE 160: Ann Taylor **wedges**, $198; anntaylor.com. Vince Camuto **heels**, $110; vincecamuto.com. Daniblack **heels**, $185; amazon.com. Bettye Muller **heels**, $495; bhldn.com. Nine West **heels**, $89; 800-999-1877 for stores. Pour La Victoire **heels**, $250; shopkitson.com for stores. Charles David **heels**, $295; 310-227-4448 for stores.
PAGE 161: Barr + Barr **bag**, $270; barrandbarrbags.com. Olivia+Joy **satchel**, $88; oliviaandjoy.com. Lulu's **bag**, $67; lulus.com. Coach **bag**, $398; 866-262-2440 for stores. Vieta **bag**, $92; vietafashion.com.

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Go to work **or** play hooky?



It's hard to know which'll make you feel guiltier: calling in sick or missing another great summer day. Let us help. By Melissa Daly

Start here

How many sick days do you have left?

- 2+ → Any chance the weather is 80 and clear?
  - no → Is today your last chance to commune with Ryan Reynolds as Green Lantern—in 3D?
    - yes → *Those pecs are coming right at you!* → **Play hooky :)**
    - no → Be honest: If you play hooky, will you just look at the giant mess at home and work harder *there*?
      - no → **Play hooky :)**
      - yes → *At least at work you get free coffee.* → **Go in :(**
  - yes → *And we know you're vitamin-D deficient.* → Can you manage to spend a day outdoors without acquiring a telltale sun-kissed glow?
    - yes → Can you convince your boss that your parakeet gave you avian flu?
      - yes → *Is now the time to remind him of what you witnessed in the ladies' room?* → **Go in :(**
      - no → *Then you'd just have a new tiny boss to poop on you.* → **Go in :(**
    - no → *Snooki, is that you?* → Are you so desperate for a day off that you're considering having another kid… for the maternity leave?
      - yes → Can you convince your boss that your parakeet gave you avian flu?
      - no → *Then you'd just have a new tiny boss to poop on you.* → **Go in :(**
- 0 → Does your boss/company/Big Brother keep track?
  - no → Can you manage to spend a day outdoors without acquiring a telltale sun-kissed glow?
  - yes → Are you so desperate for a day off that you're considering having another kid… for the maternity leave?















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